Tips for Parents

Set Boundaries

Students don't need to use the iPad all the time at home.

It is recommended that you specify with your children:

- When and where in the house the iPad can be used.
- Where it is to be stored when not in use.

Children need their sleep, so we strongly suggest that the iPad is NOT used or stored in their bedroom.

It is also recommended that children not use screen devices for at least 60 minutes prior to going to bed, as this can result in sleeplessness.

http://www.abc.net.au/news/2013-07-01/artificial-light-leading-to-increase-in-sleep-disorders/4790448

Monitor

Talk about Internet activities openly and freely.

Have your child use the iPad in a shared family area where you can monitor how long your child is online as well as the websites your child is visiting.

Check the history in Safari or any web browser they may have used.

If you are experiencing problems with your child/children being off-task while completing homework/ study time, there is the option of setting up Guided Access. Guided Access helps the iPad user to stay focused on a task while using your iPad. Guided Access limits your device to a single app and lets you control which app features are available. https://support.apple.com/en-au/HT202612

Mobile phones and other digital devices have access to the Internet, so these devices need to be monitored also.

Share the Experience

Ask your children to demonstrate the way they use their iPad for school.

Ask your children to teach you how to use the iPad.

Focus on the positive aspects of the Internet when you are sharing the experience with your child. Spend time looking together at sites that are fun, interesting or educational.

Encourage your child to question things on the Internet, e.g. "Who is in charge of this site?", "Have I found information, or is it just opinion?" or "Is this site trying to influence me or sell me something?".

Have a play with the iPad and apps by yourself to better understand how they work.

Protect

Explain to your child that not all information on the Internet is good, true or helpful, and that some areas are not intended for children to see.

Help your child identify unsuitable material by naming some things to look out for, such as sites that contain scary or rude pictures, swearing or angry words.

Empower your child to use the Internet safely by showing your child safe sites and explaining why they are safe. It's also important to educate your child on why it's not safe to give out any personal details online.

Use a home internet filter. A range of home internet filters are available. The College is not in a position to recommend specific products. We advise parents to investigate options relevant to their family circumstance. We encourage all families to make use of web filtering at home due to the potential access to explicit and extreme materials that are available online.

Parental Controls (restrictions):

Parental controls (Restrictions) are available on the iPad, if needed. These restrictions will only work on downloaded iTunes music, games and apps. Restrictions will not necessarily restrict or block inappropriate websites when using Safari or any other web browser app.

Parental controls can sometimes block iPad features that will be needed at school. For example, the iPad can be set so that no web browsers can be used, which results in no ability to complete supervised online research for school assessment.

Please contact the College if you have any queries regarding setting Parent Controls.

If you forget the password, the device will need to be wiped and reset to factory settings.

Report   (offensive and illegal online content, cyberbullying, inappropriate online communications)

Call the Kids Helpline on 1800 55 1800

Visit Kids Helpline https://kidshelpline.com.au/

Report it via: https://esafety.gov.au/complaints-and-reporting/offensive-and-illegal-content-complaints

Useful Resources:

The Office of the Children's *eSafety* Commissioners Enhancing online safety for children site, https://www.esafety.gov.au/

 The Department of Communications, *Stay Smart Online* is the Australian Government's online safety and security website, https://www.communications.gov.au/what-we-do/internet/stay-smart-online

The Australian Federal Police *ThinkUKnow* website, http://www.thinkuknow.org.au/

Reference:

Australian Government. *Cybersmart*. https://esafety.gov.au/esafety-information?from=cybersmart