ONLINE/INTERNET SAFETY FOR STUDENTS

During this time of COVID-19 pandemic, children are spending more time online for school work, connecting with friends, playing games and using various social media applications. Because of this, children are more prone to online risks such as cyber-bullying, exposure to explicit materials, self/peer exploitation, among others. Parents are encouraged to have open conversations or dialogue with their children regarding internet usage, application of parental control and monitor their child's use of technology. Here are some of the important resources regarding online safety for our students.

Resources for Parents

1. https://www.protectchildren.ca/en/ - The Canadian Centre for Child Protection is offering resources and information to keep families, schools, child-serving organizations, and, most importantly, children safe during this unprecedented time.

2. https://protectkidsonline.ca/app/en/ - Designed to assist parents and guardians in protecting their children on the Internet and reducing their risk of victimization. Here you'll find information about the ever-changing online interests of young people, the potential risks they face and proactive strategies to help keep your child/adolescent safe while online.

3. https://staysafeonline.org/ - Provides detailed advice to parents on how to raise children who are conscious of their online safety.

4. https://mediasmarts.ca/parents - Is a national, bilingual public education program on Internet safety. The initiative was developed and supported by MediaSmarts, Bell and Microsoft Canada.

Resources for Teens and Kids

1. https://needhelpnow.ca/app/en/ - Helps teens stop the spread of sexual picture or videos and provides support along the way. The organization provides guidance and steps for those who have been negatively impacted by self/peer exploitation incident.
2. http://zoeandmolly.ca/app/en/ - This interactive series gives eight to 10-year-olds an opportunity to have some fun exploring what it means to be safe while playing games online. All the components of the Zoe & Molly Online program, including comics, an interactive game, and online safety quiz, provide an engaging learning experience for children.

3. https://dontgetsextorted.ca/ - This site not only educates tweens and teens about what sextortion is and how it can happen, but also provides a unique way to prevent it: downloadable naked mole rat *gifs* and *memes* — the perfect alternative to send when asked for a nude.

4. https://www.missingkids.org/netsmartz/home - Provides age-appropriate videos and activities to help teach children be safer online with the goal of helping children to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline.

5. http://www.safesurfingkids.com/ - Created as a resource for kids and their parents to help them work together as they learn about important safety precautions to take while surfing the 'net.'

Reporting Numbers and Resources

1. Calgary Police Service offers information about protecting children online and reporting any online child abuse https://www.calgary.ca/cps/Pages/Community-programs-and-resources/Crime-prevention/Protecting-children-online.aspx. Call 9-1-1 for any crimes in progress or life exigent circumstances or 403-266-1234 for the Calgary Police Service non-emergency line.

2. Alberta Health Services web page provides more tips and what you can do about bullying and cyber-bullying in particular https://www.alberta.ca/bullying-how-to-stay-safe.aspx#toc-2. To report a cyber-bullying please dial 1-888-456-2323. It offers service in more than 170 languages.
3. Child Abuse Hotline 1-800-387-5437 - Provides a 24 hour to report child abuse online.

4. Public Safety Canada information on cyber-bullying
   - https://www.publicsafety.gc.ca/cnt/ntnl-scrt/cbr-scrt/cbrbllng/index-en.aspx
5. https://www.cybertip.ca/app/en/ - is Canada's tipline for reporting the online sexual exploitation of children