

Parent Engagement



Digital Citizenship — Keeping your child safe online

Are you struggling to keep up with the ever-changing world of technology? Are you feeling under-prepared to help manage your child's access to information online?

The Internet is a space where children mix with others and share their lives. Just as in any other area of life, you should know what your children are doing, where they're going or who they're mixing with - to ensure their safety is not compromised. Questions every parent should ask themselves:

- **What are my child's friends doing online?** Are there pictures and information about my child posted on a friend's social page?
 - **How often does my child play online games?** What types of games are they playing? Are they playing 'live' with other people? If so, who are these people? Is there a risk that my child might want to meet them?
 - **Does my child know that not all people online are who they appear to be?** Does my child know not to meet an online friend without an adult present?
 - **Does my child realize that once something has been posted online it could possibly remain there forever?**
 - **Does my child's computer have a webcam?** Do they videoconference?
- Do they Instant Message with the camera connected?
 - **Does my child have a computer in the bedroom?** Am I aware of how much time and what activities he/she is doing online?
 - **Would my child participate in cyberbullying?** Would they know what to do if they or a friend was being cyberbullied or was cyberbullying others?
 - **Does my child have a trusted adult, other than me, to whom they can turn if things go wrong while using the internet?**
 - **Does my child know that not all websites are created equal?** In other words some websites are not as reliable as others.

For more information, go to ConnectEd using the link below. This site is designed to educate kids to be safe and healthy in an ever-changing online world by applying real life behaviour to life online. Source: <http://www.reallifeonline.ca/Parents-Guardians/Overview.aspx>

Mental Health Minute Stress: What's the harm?

Stress is a normal part of everyday life. Limited amounts of stress can have a positive influence on motivation and creativity, but too much stress can be toxic and can have a dramatic effect on learning and social development. It can interfere with attention, memory, organization, and integration. And, over time it can damage brain cells and shrink main memory structures. In other words, too much stress can:

- Have a negative effect on a student's health
- Interfere with a student's ability to focus and think
- Make it more difficult for a student to get along with others

When parents are involved in their children's lives, kids will feel a sense of belonging. Caring and involved adults have a protective effect that cannot be overestimated.

For information and tips to build resilience go to: <http://www.reachinginreachingout.com/resources-parents.htm>



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