

## Project ROCKIT Webinar

“One small gesture can change a person’s life.” Year 10 student.

Last night Rick K-T and I attended the Project ROCKIT webinar about online safety. Thanks so much to the parents who attended. It was extremely engaging and informative, and here are some of the main points, directly from the source.

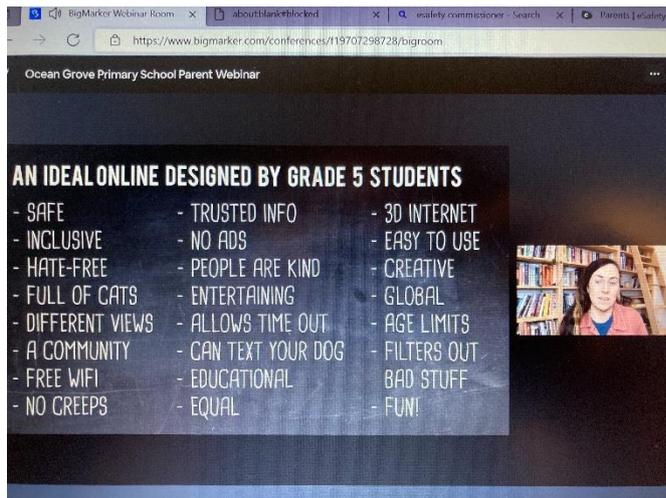
- Grow your understanding of young people's digital lives ahead of any trouble
- Protect accounts and content by consciously choosing privacy settings and checking what others can see (e.g. Instagram profile, Snap Map, etc)
- Agree on healthy limits and expectations before setting up new devices and accounts
- Promote pro-social behaviours like having difficult conversations offline
- Encourage positive peer support, like using the DM (direct message) feature to reach out to someone who has been affected by online bullying.

Young people online:

<b>BAD STUFF</b> Loss of social relationships Loss of interest in 'real life' Problem use / 'addiction' Mental health problems Reputational damage Scams Predators (Cyber)bullying	<b>GOOD STUFF</b> Sense of belonging Participation & access Learning Relaxation & play Developing a profile Growth of critical thinking Finding new communities Resilience
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Project ROCKIT’s tips to support...

- Try to suspend judgement when listening to the problem. There are many sides to every story
- Give realistic and safe advice that you would actually be willing to use yourself
- Use the tools available (e.g. block the user, report nasty content and delete hate) but always grab a screenshot first
- Challenge online hate and discrimination in low-risk ways, like writing a 'counter-comment, throwing a random curveball and using power in numbers
- Look for allies. Allies can provide support when you're not there, nurture new social connections or even be confident enough to stand up for your young person in the moment
- Work with the school. Rather than seeking out someone to blame, work with the school to establish a clear response that you can step through together.



“Cyber bullying is a social problem that plays out in online spaces.” Project ROCKIT

Andy McNeilly and Rick Kayler-Thomson

M-HAWC & STEM Leader