



Building parent-school partnerships

WORDS Catherine Gerhardt

Digital social skills

Just as we teach children social skills for real life, there are important social skills for the digital world. It is imperative that parents teach children to follow a few basic rules.

The internet is a portal into some of the most amazing places, and just like any new place we visit, we are likely to make a few social stumbles. If travelling the world, every culture you visit would have its own social nuances that you are likely to have to work your way around. It would be easy to misunderstand what others say or take offence to something that was not intended.

Young people, at the best of times, are still learning social rules and developing their critical thinking skills around collective interactions. Well-meaning personalities can make all kinds of mistakes when they enter this new online culture.

As parents we want to do whatever it takes to minimise the mistakes our children make online. Netiquette is a set of general guidelines for cyberspace behaviour. Here are some basic principles parents can use to help children solve their own 'netiquette' dilemmas.

Be kind Remember the human behind every screen. Every user is an independent person with individual thoughts and

feelings. It can be easy to misunderstand another person's intentions or even be rude to others when you are not interacting with them in person and given the grace of viewing facial expressions and emotions. Perhaps the best mantra we can go back to as parents is the golden rule of "Treat others how you would like to be treated." Developing empathy and trying to see that comment, post or photo from many different perspectives takes practice. How would you feel if someone said that to you? Treating others with respect is paramount. Yes, there may be times when you might have to stick up for yourself, however it needs to be done in a responsible and respectful way.

If you wouldn't do it there, don't do it here Social standards apply to both online and offline spaces, and standards of online behaviour should be consistent with real life expectations. As parents we put many rules and expectations in place as to how we expect our children to behave in a public place. I know I expect my children to show respect, use their manners, help others out, practice kind language, etc.

Online is the biggest public place your child will ever find themselves, which is all the more reason to work on exceeding those standards of behaviour.

Respect privacy With the world wide web being a public place, privacy is paramount. Learning how to protect personal information and the importance of looking at a website's privacy policy can help develop skills around internet privacy. Asking for permission before creating accounts and downloading files, strategies for identifying scams and limiting the type of information kids give about themselves or others can help set a strong foundation for their digital lives. Children do not always appreciate that they may be putting their information in jeopardy, because the warning signs are not always obvious. Respecting other people's right to privacy is also crucial; don't tell other people's stories, spread rumours or give away personal details without permission.

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... Digital social skills ...

Develop their internal filter

Parents may feel that they have some control over their child's use of technology and many use programs and apps that allow for monitoring and filtering content. Despite the best intentions, there are times when filters are re-set, not set up correctly or not even in place – for example when your child goes to their friend's house, gets online and no safety mechanisms have been established. What this means is that we need to help our children develop their internal filter, as this is the one they will always have and may need to rely on. Research is clear that the best way to teach morals and ethics is through example.

Teach them to do the right thing

Parents can nurture moral principles that will guide their children to stand up for their beliefs and act right even without us. Know what you stand for so that your child knows. Parents with clearly identified moral convictions are more likely to raise children that do the right thing. Pursue opportunities to look for moral issues and talk about them as they come up: from TV shows and news events to situations at home, school, and friends. Discuss with your child how you feel about the issue and why.

Be upstanding There will be times online when your child will have to be brave and stand up for others, when they will have to go against social pressure to do what is right. When someone they know is being deliberately upset or harassed by another person, expect your child to move from bystander to upstander, because

this is the right thing to do. In most cases many people contribute to the cyberbullying. Many know about the situation, but choose not to get involved. Encourage your child to stand up, speak up and act up against online abuse. They can support the target by letting them know they are there and provide empathy. Encourage your child to report what is happening to a trusted adult; someone who they believe will listen and has the skills, desire, and authority to help.

Technology is moving forward quickly, and it continues to evolve at an unprecedented pace. Taking the time to impart digital social skills at an early age is vital for our children as they move from playground friends to social media and gaming friendships.

These simple rules apply all along the developmental spectrum. They also give us a clear understanding of what we can do as parents, to help our children manage a positive digital reputation.

Catherine Gerhardt

TOP TIPS FOR PARENTS

- 1 **PRACTICE MAKES PERFECT** keep reinforcing positive digital social skills and a strong foundation will be laid.
- 2 **COACH** about privacy in a public place.
- 3 **FOLLOW** the social code of good people.
- 4 **MANNERS** are necessary.
- 5 **COMPLIMENTARY** conduct is proper.
- 6 We are **FREE** to follow group rules. We are not **FREE** to hurt others.
- 7 Encourage the **THINK** rules.

THINK

Using the THINK rule can go a long way in practicing digital social skills. It is a checklist of questions that children must go through before they post or comment online. Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? Is it Kind? Created to emphasise care online, it applies to real world engagement as well.

Catherine Gerhardt is a dedicated advocate of critical thinking skills in children and young people. As a parent of school aged children she understands the commitments and challenges parents face ensuring they provide the right information to young people in a way that empowers them to develop their personal and social capabilities. Catherine is a certified training provider through the Office of the Children's eSafety Commissioner.



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LIVE Festival

FEATURING

SR HILDA SCOTT OSB

SAMUEL CLEAR
WALK4ONE

YOUTH MISSION TEAM

LIVE MUSIC BY
CATHOLIC MUSIC REVOLUTION

2 DECEMBER 2016
WOLLONGONG

CYMW.ORG.AU



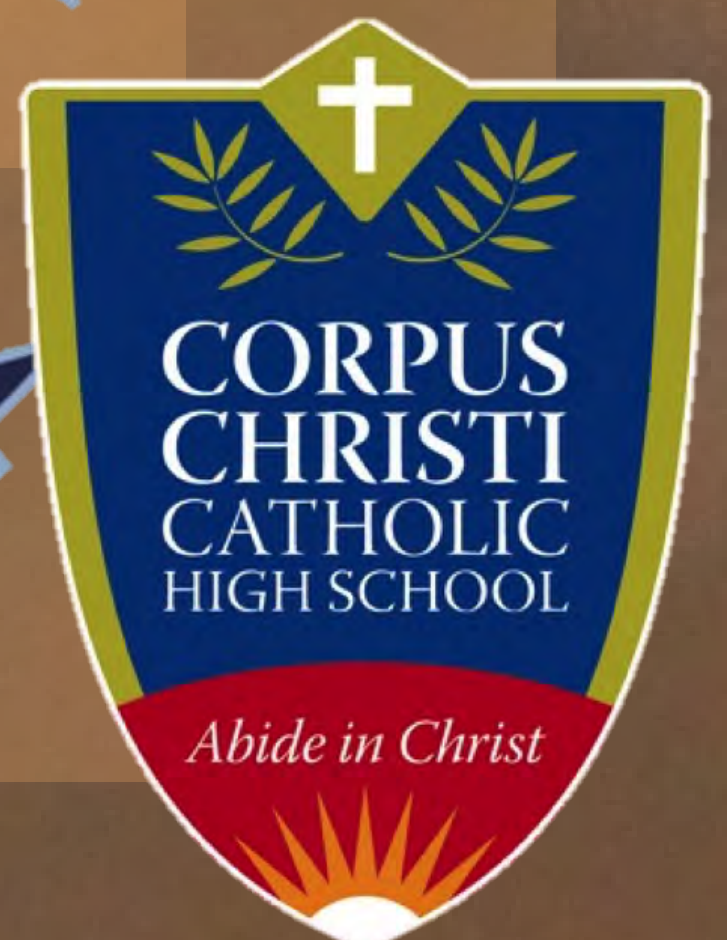
SPARK TWILIGHT RETREAT

Friday, November 11, 3:25pm - 9pm
School Hall, St Joseph's Catholic
High School

\$10 *per person*

***SPECIAL GUESTS: Wollongong
Youth Missionary team & Seth
Harsh with Band***

***Fun, games, building
community, engaging
input, group activities,
cooked dinner***





ST JOSEPH'S CATHOLIC HIGH SCHOOL

16 Macquarie St, Albion Park NSW 2527
PO Box 130, Albion Park NSW 2527
Tel: (02) 4230 8500
Fax: (02) 4256 5793
Email: info@sjchsdown.catholic.edu.au

SPARK Twilight Retreat

Permission note

Students in Years 7 through to Year 12 who attend St. Joseph's and Corpus Christi Catholic High Schools are invited to attend our very first SPARK Twilight Retreat here at St. Joseph's. The SPARK Twilight Retreat is an opportunity for students to connect with each other, have a terrific evening of activities and faith development in a casual and engaging setting.

Following the success of Youth Ministry Twilight Retreats in other parts of the Diocese of Wollongong, we are very much looking forward to an excellent evening of engaging activities, games, some sharing and story telling, prayer, cooked dinner provided by our staff and helpers and a performance by a band. Our hope is that your son or daughter will take the time to nurture the SPARK within themselves!

Date: Friday 27th May (Week 5)
Time: 3.25pm - 9pm
Venue: School Hall, St. Joseph's Catholic High School, 16 Macquarie Street, Albion Park.
Cost: \$10 Covers dinner, dessert & drinks.
Guests: Wollongong Youth Mission Team + Seth Harsh with Band.
Schedule: Fun, games, building community, engaging input, group activities, cooked dinner.

If you consent to your child attending the SPARK Retreat, please complete the permission slip below and return it to the front office where your child attends, with \$10, in an envelope clearly marked 'SPARK' with your child's First name, Surname, Homeroom (Joeys), or iCle (Corpus) by Wednesday 25th May.

We're looking forward to a great night!

Mr. Marty Pannell
Religious Education Coordinator
St. Joseph's Catholic High School

Mr. Aaron McDonald
Leader of Mission
Corpus Christi Catholic High School



SPARK Twilight Retreat (Years 7-12) Friday 27th May
Due to the front office by Wednesday 25th May.

Circle one: St. Joseph's or Corpus Christi

I give permission for my child:(first name & surname)
in Year to attend the SPARK Twilight Retreat on Friday 27th May, 3.25pm – 9pm at
St. Joseph's. \$10 is enclosed.

Medical details:

Dietary Requirements:

Emergency phone contact:

Print Parent / Guardian name:

Signed: Thank you for your support.