E-Safety Information for Parents

The College supports a range of tracking and classroom management tools to keep your child safe at school whilst learning online. The ICT Helpdesk is here to support, and we have compiled some advice and additional resources below:

1. Where possible, students should work on their laptop in supervised areas.

2. Students can install self control and focus time applications, such as:

   ✓ Cold Turkey: Free version allows students to temporarily block social media and distracting sites.
     o Website: https://getcoldturkey.com
     o What we like: It is free and allows students to manage their own time.

   ✓ FocusMe: Paid application allowing students to manage their computer time and reduce distractions.
     o Website: https://focusme.com/
     o What we like: Highly customisable and many features that work well.

   ✓ Leechblock: Free browser extension allowing blocking and time management of internet use.
     o Website: https://www.proginosko.com/leechblock/
     o What we like: Simple to use and easy to install without IT intervention.

3. Check with your internet provider in setting up time limits on your NBN connection.

4. There are numerous tools that parents can use to monitor their child's online safety. Below we have listed a couple for your consideration:

   ✓ Familyzone: A complete home student monitoring system providing real time monitoring and protection for your entire family.
     o Website: https://www.familyzone.com/anz
     o What we like: All inclusive solution for your home supporting all devices.

   ✓ Qustodio: The all-in-one parental control and digital wellbeing solution that covers all devices your child uses.
     o Website: https://www.qustodio.com/
     o What we like: Simple to use, full featured, supports all major devices.

Parents can find more information, tips, blogs and support through the below websites.
   ✓ Parents | eSafety Commissioner
   ✓ Cyber Safety Blogs (ysafe.com.au)
   ✓ Online safety | Child Family Community Australia (aifs.gov.au)