



FAMILY ZONE AND INTERNET SAFETY

Dear Parents,

I would like to take this opportunity to thank all parents who have taken the time to come to one of our Cyber Safety nights over the past few years. We as a school believe that online student safety is a very important issue which is why we have Family Zone in place at school and have made it available for parents to use at home as well.

We know many parents are proactively engaged with their children when it comes to internet usage and safety in the home. In saying this, many parents are unsure about how to effectively manage their children's internet devices and how to keep their children safe when they use a device at home. I'm writing today to all parents to address these matters.

Specifically, I'd like to cover 3 things.

1. What is Family Zone?
2. How do I get Family Zone on my Devices?
3. What are some guidelines that I as a parent can follow to manage online safety at home?

1. WHAT IS FAMILY ZONE?

During school hours, each student's online activity and network access is protected and filtered, allowing us to maintain a duty of care and responsibly use online resources in the classroom.

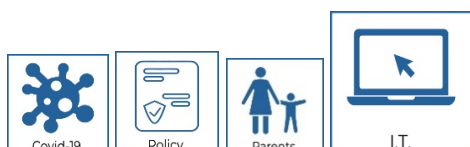
Outside of school hours, each ECCS family is entitled to a Family Zone account, which offers parents and guardians the information and help needed to engage with and safeguard their child's online activity at home. It also provides weekly reports of time spent online, and tools to limit access to certain types of content at certain times of the day, e.g. **No Netflix** during homework time.

2. HOW DO I GET FAMILY ZONE ON MY DEVICES?

There are 2 ways:

- 1. The first is via email invitation sent to you via family zone**

Scroll down till you see the boxes that look like this and choose the I.T. box that looks the same as the large one below.





You will then see the following 2 options.

- A. The first one will take you through to the next part whilst the second will give you the ability to call Family Zone directly and talk to them with any question you have
- B. Family Zone Cybersafe hub for parents and guardians of our students to log in and set up the FamilyZone solution on student laptops.

Please follow this link: <https://www.familyzone.com/emmanuel#>

FamilyZone support team.

Contact details are: email: [:support@familyzone.com](mailto:support@familyzone.com) or call 1300 398 326.
(Mon-Fri: 8 am to 8 pm and Sat-Sun: 9 am to 5 pm)

2. Via SEQTA. Go to engage.eccs.wa.edu.au

If you have clicked the link in option 1 above it will take you to a page that will show

A school community approach to cyber safety.

What do you need to do?

SIGN UP

Once you have signed up there are several tabs to scroll through and set up Family Zone the way you would like it to work.

3. WHAT ARE SOME GUIDELINES THAT I AS A PARENT CAN FOLLOW TO MANAGE THE ONLINE SAFETY AT HOME?

Jessica has extensive experience in Internet safety through her work in the Police force and from working for Family Zone. She is also a mother who has several children in both primary and secondary school years. This year Jessica Hill from Family zone was asked this exact question.

Below are her guidelines as well as our current IT specialist in the High School.

3.1. The Battle may uncomfortable but worth it

Many parents may feel uncomfortable putting in place internet rules within their home. This is especially true if their children are older and have had been unmonitored/ unsupervised. With the many dangers of online internet use, the potential battle is well worth having to protect our children regardless of their age.

3.2. Have a family meeting and agree on a contract

Parents are advised to put in place a digital contract. This is something that parents discuss with their children. It can include things like;

- A. The days and times they will be allowed to use digital devices when at home.
- B. The type of phone or computer they will be allowed to use.
- C. The type of video games and social media websites that your children can use.
- D. The room(s) and areas they can use devices.

- E. When students can expect the conditions of the contract to change.
- F. What will happen if the rules are broken.
- G. Other family rules and expectations

3.3. Make it your business to know what your children are doing

Lastly, Jessica encouraged all parents to become actively engaged with their children and know what they are looking at. Parents may want to let their children know that random spot checks are done on their devices or ask that their child gives them passwords to theirs.

This form of accountability works as a large disincentive for children to look at inappropriate material on their devices.

3.4. Encourage playtime without digital devices

Children should be encouraged to spend time playing with others and doing so without devices. When they are by themselves reading hardcover books is also an excellent alternative.

3.5. Family digital contract on the fridge and weekly planner

Once a contract has been agreed a weekly Digital planner can be drawn up and placed somewhere noticeable like the home fridge. An example weekly schedule has been done for you below.

INTERNET TIME

		MON	TUES	WED	THURS	FRIDAY	SAT	SUN
AM							Saturday Sport	Church
AFTERSCHOOL	4:00 – 5:30	Homework on computer	Homework on computer	Homework on computer	Homework on computer	Homework on computer	Greater flexibility with Playtime dependant on other commitments and home jobs.	
BEFORE DINNER	5:30 – 6:30	Playtime	Playtime	Playtime	Playtime	Playtime		
AFTER DINNER	7:30 – 8:30	Homework Finish then play	Homework Finish then play	Family time or book reading	Homework Finish then play	Family time or book reading		
DEVICES OFF	8:30/9:30 pm Bedtime will dependant on the age of the child. All devices should be off at least 1 hour before bed. (see below for details)							

3.6. When and why devices need to stop

Jessica recommended that ALL devices are turned off at least 1 hour before bedtime. This is because teenage brains are functioning their best just before bed and they are prone to making unwise decisions whilst online. Many families do not allow their children to take digital devices with them into their room when it's time for bed.

An Example Home Digital contract is below:

DIGITAL FAMILY CONTRACT

CHILD NAME: _____

DATE: _____

I understand that you as the parent have bought my digital devices and that they along with the internet plan we have belong to and are paid for by you. I know that these digital devices are a privilege to have and use and I will take good care of the devices you entrust to me. I also know that many online dangers can present when accessing the internet. I understand that the family rules below are put in place to protect me and my internet use.

1. The days and times I will be allowed to use digital devices when at home are...

2. The type of phone or computer I will be allowed to use will be...

3. The type of video games and social media websites that I can use will be...

4. The room(s) and areas I can use devices will be....

5. The contract will give me more responsibility when....

(Age or time from now that child can expect the conditions of the contract to change).

6. What will happen if I break these rules

7. Other family rules and expectations (My Passwords are)

CHILD SIGNATURE: _____

PARENT SIGNATURE: _____