



Dear Families, Students, Staff and Friends,

Holy Family Catholic School “forms “relationships with our families to ensure their children receive the best education for them. That means tailoring our learning to the student’s needs – not the other way around”.

Holy Family Catholic School and the University of Adelaide

Holy Family Catholic School and The University of Adelaide are working to collaborate on mutually beneficial projects. Six of our teaching staff are studying the Master of Education degree with Adelaide University including some time at the school. We have been studying topics such as Leading Positive Change and Contemporary Issues in Wellbeing.

As part of this partnership, the University of Adelaide has been invited to run a one-day Appreciative Inquiry (AI) summit at the start of term 4, 2020. The purpose of the summit is to accelerate the redevelopment of a new strategic plan for the school.

The Scope of the Project Overview

Background

Appreciative Inquiry is a systematic, holistic, and collaborative method that follows a strengths-based model of change to uncover the positive core of an organisation.

In AI, people from all levels of an organisation become part of an inquiry process that seeks to find the strengths in a system and to use those strengths as a platform to create change. Staff are empowered and given agency to plan, make decisions, and act in the change process by inquiring appreciatively into what gives life to their workplace, what works best, and what is possible.

This proposal is in response to a request by the Principal of Holy Family Catholic School, Kerry White, to develop a one-day AI summit for all employees at the school during Term 4, 2020. The Summit will be held on the first day of next Term, Monday October 12, which will be a Pupil-Free Day. Vacation Care will operate on that day.

The development of a new strategic plan is pivotal for Holy Family Catholic School's future direction. An appreciative inquiry summit will build and extend on existing strengths within the Holy Family Catholic School Community and evaluate its current offerings to see how we may improve.

It will challenge critical stakeholders to think about the future direction of the school overall and realign the vision, values, mission, and operational objectives. The Summit will be attended by most members of School Staff, School Board Members, members of the Alive ELC, some students of the school and some staff from Catholic Education S.A.

A significant advantage to Holy Family Catholic School in engaging the University is experience, academic expertise and international reputation in appreciative inquiry, wellbeing education and leadership. We are looking forward to this project as it is going to represent a major leap forward for our school and Alive ELC as we strive to meet the needs of the wonderful community we serve.

Mathew A. White PhD Associate Professor of Education, Deputy Head of the School of Education

Associate Professor Mathew White has extensive school and academic experience in wellbeing and character education and has designed and facilitated AI summits in the past.

Before beginning his full-time academic career, Associate Professor White taught for 20 years and has a decade's executive level leadership experience in schools remarkably like Holy Family Catholic School and he is the President of the International Positive Psychology Association's Education Division (IPPAEd).



The University of Adelaide Resources

Associate Professor Mathew White will undertake the project including consultation meetings with Holy Family Catholic School Staff and students to create the structure of the AI Summit. Associate Professor Mathew White will write and design the AI Summit for Holy Family Catholic School based on the outcomes of the consultation to ensure that AI summit is suitable for the School.

About the University of Adelaide

The University of Adelaide is a worldwide respected provider of high impact research that delivers economic and social benefit and is ranked in the top 1% of universities globally. Our mission is to conduct world class research and innovation engaging with industry, government, and community to create high value economic and social dividends. The University of Adelaide is one of Australia's oldest and most prestigious universities and is a member of the Group of 8 (G08) research intensive universities.

KERRY WHITE
PRINCIPAL



PUPIL FREE DAYS

Friday 25th September (last day of Term 3)

Monday 12th October (first day of Term 4)





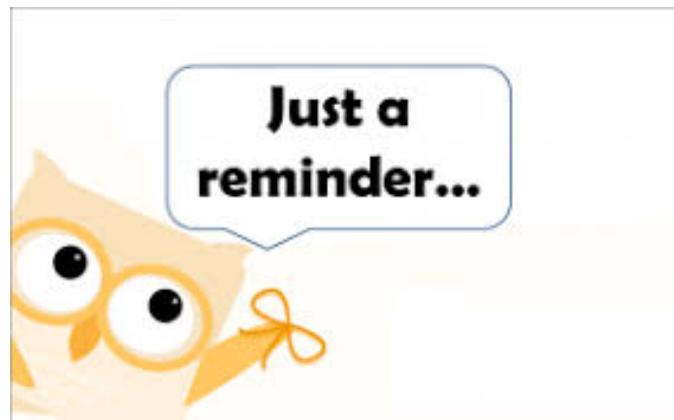
WARNING

We had a near miss recently in our carpark. In order to keep all of us safe we urge you to adhere **STRICTLY** to the following:

- Ensure you use the footpaths. Do NOT walk through the carpark;
- Driving through any carpark is strictly 10km (at all times).



SAPSASA SOCCER	Friday 18th September (selected squad)
MOON LANTERN FESTIVAL	Thursday 24th September
LAST DAY OF TERM 3	Thursday 24th September
PUPIL FREE DAY	Friday 25th September (OSHC available)
PUPIL FREE DAY	Monday 12th October (OSHC available)
FIRST DAY OF TERM 4	Tuesday 13th October



Alive Catholic Early Learning

At Alive Catholic Early Learning we offer early learning from 6 months and kindergarten for children in the year before they begin school.

We offer two kindergarten intakes per year in January (Term 1) and July (Term 3) to ensure your child receives at least one year of kindergarten before starting school.

Our kindergarten is a warm, welcoming and inclusive learning environment and is characterised by educational excellence, quality staff and close relationships with families.



Our approach to children's learning is a very personalised one. Therefore, each child has their own individual learning plan based on our teaching staff's observations of children's learning, passions and developmental needs. Children's learning plans feature learning goals and children's progress is documented and shared with families through our blog and an online app called 'Storypark'.



Through our inquiry approach to learning, we nurture children's sense of wonder and their natural interest in building their own knowledge and understandings. Therefore, children also participate in collaborative learning projects . These projects provide children with the opportunity to learn with and from one another, collectively build skills and concepts and have agency in their own learning. For example, this term children have been inquiring about 'how do we care for ourselves, each other and the world?' Through this inquiry children in the kindergarten have learnt more about their feelings, strategies to support them identify and regulate their emotions, the concept of 'bucket filling', how to nurture their bodies with nutritious food, rest and hydration, social skills such as turn taking in team games and the importance of caring for God's creation through initiatives such as recycling.

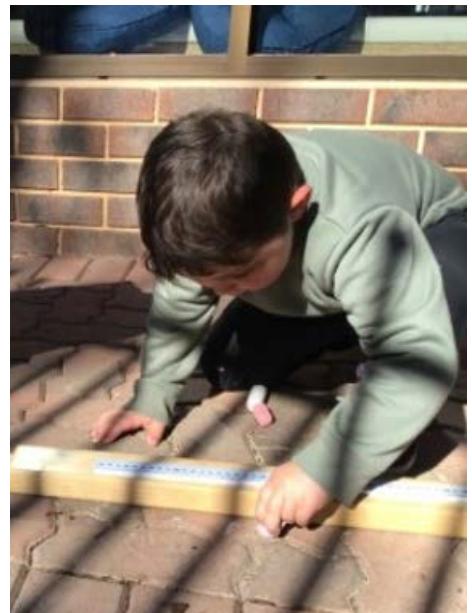
Planning and programming for children's learning is informed by the Early Years Learning Framework and our own Alive curriculum which includes literacy, numeracy, positive education, ecology, STEM, spirituality, movement and arts and expression.



Through attending kindergarten at Alive Catholic Early Learning, children have many opportunities to also be a part of the Holy Family Catholic School community. Our kindergarten children attend assemblies and masses, borrow books from the library, learn through resources such as the fish farm and MUDLA and learn alongside children in the school through shared learning projects. Spanish is an important aspect of our learning program as children learn the Spanish language and about aspects of Spanish culture. Children participate in prayer each day and we come together each term for a liturgy on our kindergarten stage. All of these experiences ensure continuity of learning between the kindergarten and school and a seamless transition when commencing school at Holy Family Catholic School.

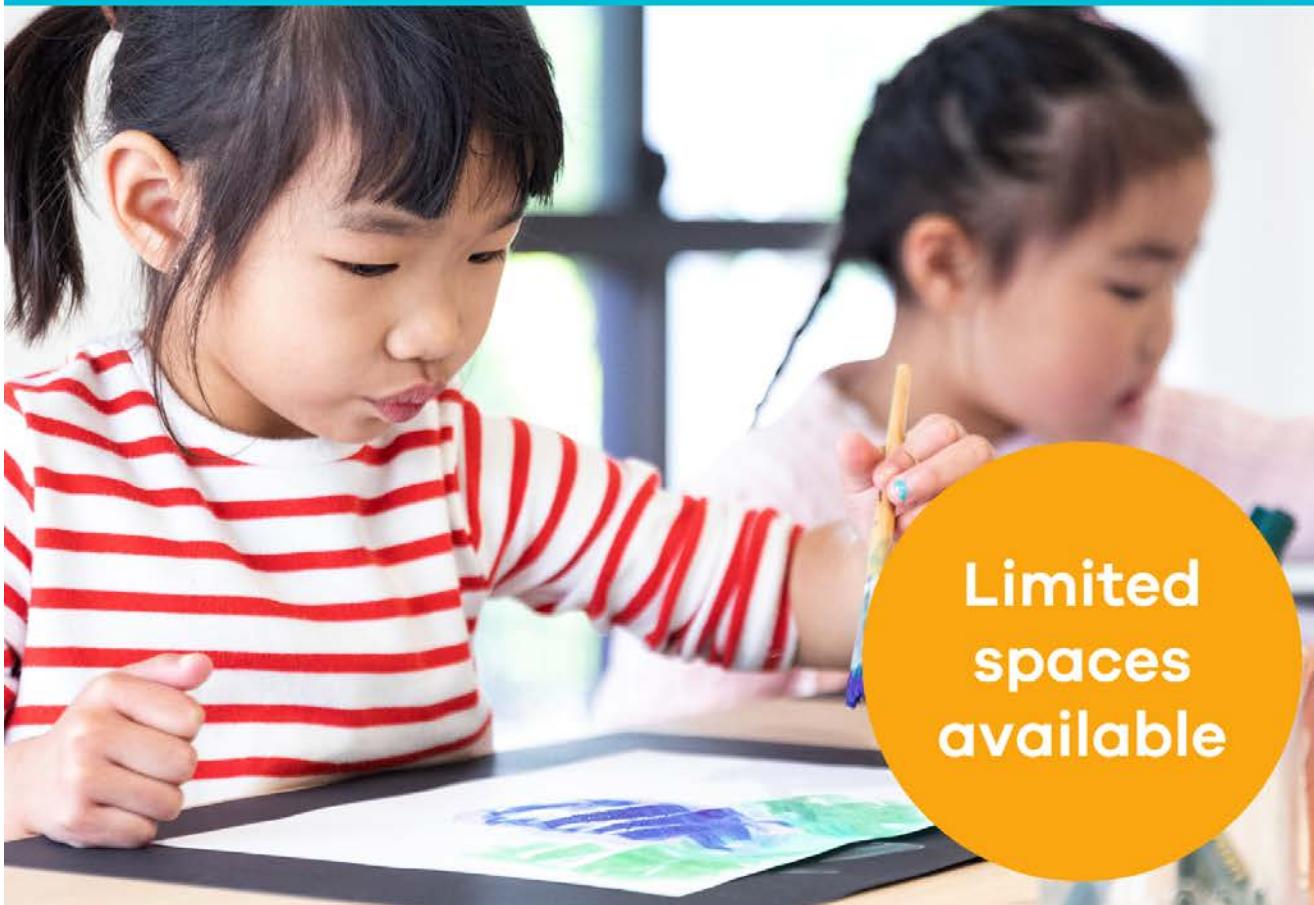
We believe children are capable people and learners and our approach to kindergarten education provides children with the foundation to be successful citizens and learners for life.

Nicole Tropeano-Atyeo
Head of Early Learning
Alive Catholic Early Learning



Alive Catholic Early Learning Centre
is a
Kindergarten co-located with Holy Family Catholic School

Enrol now for kindergarten in 2021



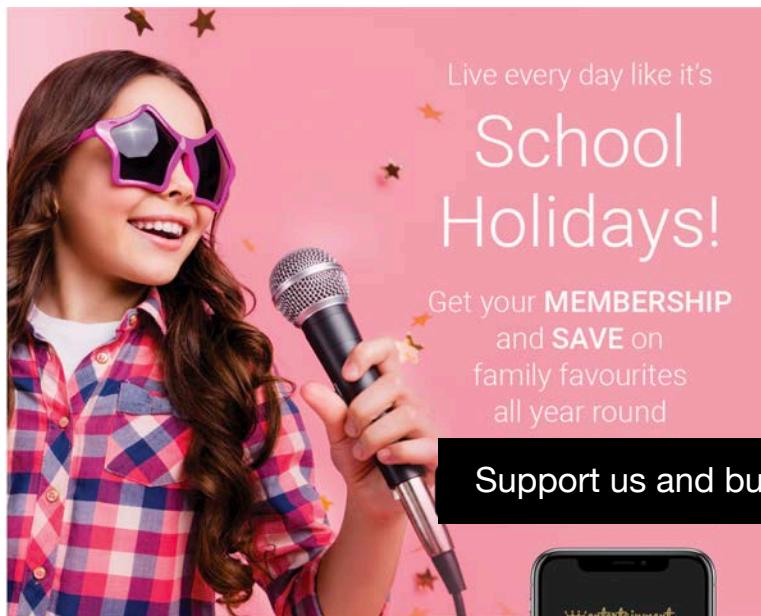
Limited
spaces
available



For a tour or to enrol, call 8283 8200 or
go to alivecatholic.org.au

Things You Should Know

STATEMENTS	Fees for Term 3 have been invoiced and statements posted 23/07/20
COVID-19 FEE REMISSION	Form available from our front office. <i>Only 1 application per family.</i>
PAYMENT METHODS	We still accept all methods of payment including cash . QKR App can be used for Fees and OSCH too.
UNIFORM SHOP OPEN	Monday - 8.30am to 9.30am Wednesday - 2.30pm to 3.30pm Thursday - 8.30am to 9.30am
SCHOOL TIMES	8.50am - School Day Starts 10.20am to 10.40am - Recess 12.40pm to 12.50pm - Lunch Eat Time 12.50pm to 1.30pm - Lunch Play Time 3pm - School Day Ends
SCHOOL OPEN TO PARENTS	Parents welcome in the school for drop off in the morning and pick up at 3pm and Assemblies (<i>social distancing</i>).
EARLY CHILD PICK UP	Sign out your student in the front office. Office staff will call the class for your child to walk over.
FOOD	Please do NOT bring in food for your child's birthday due to hygiene and dietary reasons which may impact on student behaviour and/or allergies.



Help our cause and SAVE on everything you love for your full 12 or 24 month Membership.

Together we can make a difference.



Your Membership* can pay ~~for it all in just one day!~~ **just one day!**

Original URL:
<https://www.entertainmentbook.com.au/orderbooks/162v442>

Click to follow link.

WITH FAMILY OR FRIENDS



Takeaway lunch for 4
Member offer: 25% off
Savings: Up to \$40



Family cinema pass
Member offer: Special offer
Savings: Up to \$40



Activity with the kids
Member offer: 2 for 1
Savings: \$16.50



Meal and food box delivery
Member offer: 25% off
Savings: Up to \$80



Buy a Membership to help us raise extra for our fundraising

FUNDRAISING WITH  entertainment



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\$69⁹⁹ / 1 Year

- ✓ Single City Membership*
- ✓ 1 year Digital Membership
- ✓ 20% goes to your fundraiser

[Buy Membership](#)

Multi City

[View all cities](#)

\$119⁹⁹ / 1 Year

- ✓ Unlock all 21 Cities
- ✓ All Australia, New Zealand, Bali
- ✓ 1 year Digital Membership
- ✓ 20% goes to your fundraiser

[Buy Membership](#)

Multi Plus

[View all cities](#)

\$229⁹⁹ / 2 Years

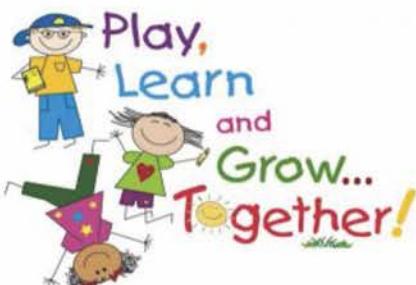
- ✓ Unlock all 21 Cities
- ✓ All Australia, New Zealand, Bali
- ✓ 2 year Digital Membership
- ✓ Offers will refresh each year
- ✓ 20% goes to your fundraiser

[Buy Membership](#)

How much you could save in a day with an Entertainment Membership* Up to **\$176.50**

Entertainment Book

Try Now



Holy Family Catholic School Playgroup

For children aged 0-5 years

We are based on the principles of continuity, transition and pathways for children and their families. Watch your children play, learn and build friendships and social skills in a safe and supported environment.

All families are WELCOME (you don't need to be attending the school)

Tuesday's Only 9am - 11am (*Thursday's commencing 24/09/20*)

Where: Holy Family OSHC room

Bring: Water, hat, fruit & gold coin donation

For further enquiries, contact 8250 6616 or
kelly.johnston@holyfamily.catholic.edu.au



FROM THE APRIM

Exaltation of the Cross

On Monday, September 14th is the Feast of the Exaltation of the Cross. This feast began in Jerusalem and the dedication of the church built on the site of Mount Calvary in 335. In the fourth century in the Church of the Holy Sepulchre the wood of the cross was venerated.

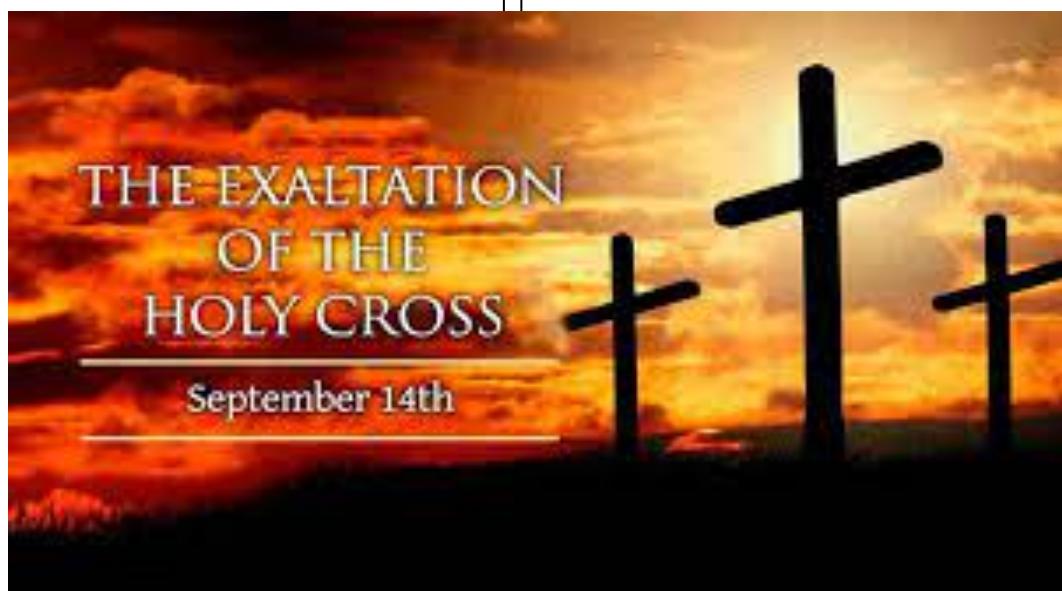
The Feast spread in the west after the recovery of relics of the cross from Persia in the seventh century. The Feast also celebrates the lifting up of Jesus on the Cross as a symbol of his death but also a source of victory and life.

We make the Sign of the Cross before prayer to help focus on God and conclude again with the sign of the cross. In the Sacraments of Baptism and Confirmation the candidate is anointed with oil with the Sign of the Cross made on the forehead.

Michael Urdanoff
APRIM



Calvary Hill, Jerusalem



Assemblies

Term 3	Presenting
Week 1	Leaders
Week 2	2RG & 4BP
Week 3	2FA & 4NB
Week 4	3NP & R/1MA
Week 5	3KC & R/1GT
Week 6	R/1MP & 5/6NB
Week 7	R/1JH & 5/6ND
Week 8	R/1KJ & 5/6IB
Week 9	5/6MS & RHA
Week 10	Moon Lantern Festival

Term 4	Presenting
Week 1	Leaders
Week 2	4GM & 5/6HM
Week 3	3JW & 5/6AE
Week 4	2PN & R/1FD
Week 5	3HS & R/1MR
Week 6	Music Assembly
Week 7	Sports Assembly
Week 8	Carols Night
Week 9	Year 6 Graduation

UNIFORM SHOP

Winter Uniform is as follows:

GIRLS:

Pinafore (Reception to Year 4);
Skirt (Years 5 & 6);
Cream blouse with logo;
Tie;
Red Jumper
Black knee hi socks or black tights.

Winter uniform is required for Term 3, and is now available from the Uniform Shop.

Holiday Open Times

**Thursday 8th October
10am - 12pm**



BOYS:

Black trousers with Holy Family logo;
Long sleeved striped Holy Family shirt;
Tie;
Red Jumper;
Black socks with Holy Family stripe.



SPORTS: (Boys and Girls)

Holy Family trackpants;
Holy Family zip jacket (optional);
Holy Family striped polo shirt;
White sport socks with Holy Family stripe.

PLEASE CLEARLY LABEL YOUR CHILD'S UNIFORM

LOST JUMPERS & JACKETS

We have a large number of lost jumpers and jackets with **NO NAMES** or the name is unclear. Unfortunately we can not return lost uniforms without a name and therefore they are used as spares to replace lost uniform.

BECOMING CATHOLIC?

Catholic Adult Inquiry
(RCIA)

Do you want to learn more about becoming
Catholic?

Do know someone who wants to learn more
about becoming a Catholic?

Baptised but not received Confirmation or
Communion?

Children attend Catholic School but not Catholic
yourself?

Marrying a Catholic?
then you are invited to

An

INFORMATION SESSION

In
St Augustine's Church
Family Centre

On
Thursday September 17th
7pm-8:30pm

For more information contact
Fr. Shibu
or
Lorraine Thalbourne

at the Parish 8258 2314

HOLY FAMILY CATHOLIC SCHOOL

VACATION CARE (28TH SEP-9TH OCT 2020)

28 TH SEP MON	29 TH SEP TUE	30 TH SEP WED	1 ST OCT THU	2 ND OCT FRI
<p>Our cooking activity is Shortbread</p>  <p>Let's get fit with sports aerobics</p>  <p>Scrunch Art</p> 	<p>Basketball Skills and Competition</p>  <p>Musical Chairs</p>  <p>Let's make chocolate pancakes</p> 	<p>FISH FARM Activities with Mr McCarthy</p> 	<p><i>Indigenous jewellery making</i></p>  <p>Dream Time Stories</p>  <p><i>Yarn Turtle Craft</i></p> 	<p>Sensory & Calming Activities</p>  <p>Sponge Painting</p>  <p>Stress Ball Making</p>  <p>Sea Shell Collage</p>  <p>Kinetic Sand</p>

5 TH OCT MON	6 TH OCT TUE	7 TH OCT WED	8 TH OCT THU	9 TH OCT FRI
<p>PUBLIC HOLIDAY</p>	<p>Game Day</p> <p>Colouring Competition</p>  <p>Creativity Competition</p>  <p>Tennis Competition</p> 	<p>Come dressed as your favourite rock star and share your dance moves for our talent show</p>  <p>We will be making fresh fruit salad with ice cream</p> 	<p>ORIGAMI DAY</p> <p>We will make ninja stars, origami pikachu and origami ice creams</p>  	<p>Join us for WHEELS DAY</p>  <p><u>Helmet must be worn</u></p> <p>Cold Rolls for lunch</p> 

FOR YOUR INFORMATION

School routines:

- **SCHOOL START** - School starts at 8.50am, children must be under supervision of adults at all times. Yard Duty begins at 8.30am, if they arrive earlier they need to attend OSHC;
- **LATE ARRIVALS** - If your child is later than 8.50am they must sign in at Student Reception;
- **SCHOOL FINISH** - School finishes at 3pm if you cannot collect your child by 3.10pm, they need to go to OSHC;
- **PICK UP/DROP OFF SAFETY** - Please use the Kiss and Drop Zone and DO NOT drop off your children in the car parks or park in Disabled Zones ... it is illegal;
- **SAFETY** - Please don't walk on the driveways, use the footpaths, don't walk in or out of the vehicle entry/exit gates;
- **LABELLING** - please label all removable clothing (ie. jumpers, jackets, hats), label school bags, drink bottles, lunch boxes and anything else your child may bring;
- **PERSONAL ITEMS** - No toys, electronics or sports equipment to be brought to school (laptops available for lease Years R-1 and provided for Years 2-6, sports equipment available from class teacher);
- **NUT FREE** - A reminder we are a nut free school. This includes but is not limited to Nutella, Peanut Butter and some muesli bars.
- **STAFF CAR PARK** - The inside carpark is for STAFF only.
- **GATES** - All gates are locked everyday at 9.15am and re-opened at 2.15pm. During these times you must come through the front office and sign in.

Laptops

The laptops are a great tool for the students. Here are a few tips for looking after them:

- No food or drink near the laptop;
- Store in a safe and dry area;
- Use in a dry area (ie not near sinks or wash areas);
- Do not run or walk with the laptop in the open position;
- Do not run with the laptop;
- Always ensure the protective cover is on and not tampered with.





Thomas More College Enrolment Timeline

All students must be enrolled within the Enrolment Guidelines, whether you currently have a child here or attending a partner school.

YEAR TO COMMENCE AT TMC	ENROLMENT APPLICATION	APPLICATION CLOSING DATE
Year 7 2022	Urgent enrolment NOW	Please enquire with the College prior to lodging application
Year 7 2023	Enrol Now	End of Term 1, 2021
Year 7 2024	Accepting applications	End of Term 1, 2022
Years 8-12	Limited places may be available	Please enquire with the College prior to lodging application

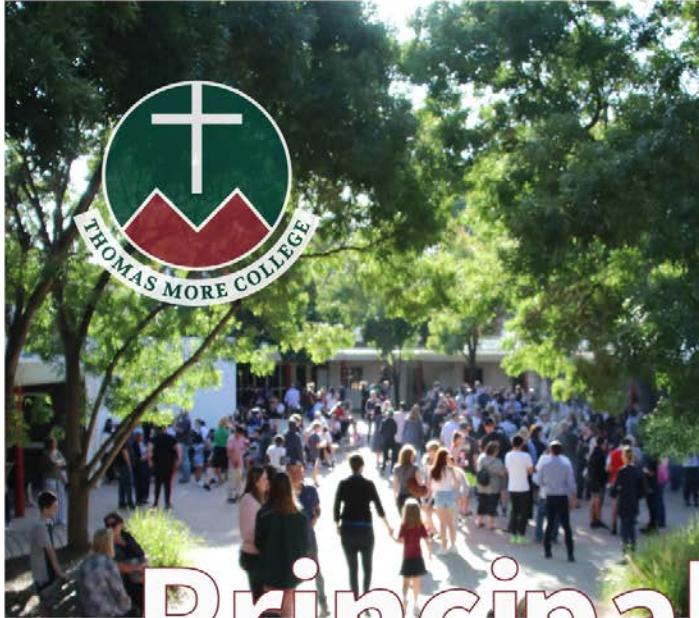
How to Enrol

1. Visit tmc.catholic.edu.au/enrolment-information to download an application or request an Enrolment Pack from the College Office. Once completed, submit the application to our Finance Department for processing.
2. Once your application has been received you may receive an email requesting any further information required.
3. Based on the information supplied parents/guardians and students may be invited to attend an interview with a member of College Leadership.
4. Following the interview, should an offer of enrolment result, you will be notified in writing.



Please contact our Enrolments Officer,
Jane Sivior on 8182 2600 or
enrolments@tmc.catholic.edu.au

23 Amsterdam Crescent,
Salisbury Downs SA 5108



Principal's Tours



Thomas More College would like to welcome you to attend an on-site or virtual Principal's Tour with Mr Corey Tavella, on one of the following date:

- Thursday 17th September at 4pm.

Numbers will be limited, therefore bookings are essential. Register your place at tmc.catholic.edu.au or Enrol now and take advantage while we have removed our normal Enrolment Application fee.

SALISBURY KIDSFLIX



Dear Charities, Schools and community groups,

Kidsflix are holding our annual Salisbury/Elizabeth movie event on Saturday 12th of September at Hoyts Salisbury. We have booked the whole complex so that we can all socially distance in the cinemas. This is a free event and we aim to provide a fun outing for children and their families/carers to come along to a new release movie, popcorn and a drink for each attendee free of charge. We have the Amazing Drumming Monkeys coming along to entertain everyone before the movie. If you have families that experience hardship, or have a child with a disability or chronic illness please pass along the link to register, we have places for 150 guests.

<https://www.eventbrite.com.au/e/kidsflix-salisbury-2020-registration-94507236689>

If you have any question please don't hesitate to contact me at kidsflixs@arthritissa.org.au.

Kind regards

Sally



Sally Scantlebury
Stakeholder Engagement Officer
111a Welland Ave
Welland SA 5007
(08) 8379 5711
0432 733 280
www.arthritissa.org.au



**Variety Heart Scholarship
Applications are NOW OPEN**

APPLY TODAY



The image shows a young boy with short blonde hair sitting on the grass. He is wearing a black polo shirt with 'JOSH' and 'BOWTEERS STAFF' printed on it, and khaki pants. To his right is a compound bow mounted on a stand. The background is a blurred green field.

variety
the children's charity®

Hi There,

The Variety Scholarships Program is open now until 30 November, 2020.

Variety offers scholarships in sports and the arts to talented children who are sick, disadvantaged (socio-economically or geographically) or have special needs of up to \$3k per annum.

Applications are now open - <https://variety.smartygrants.com.au/scholarship2020>

Please also find attached a graphic that can be used in your newsletter or on social media with the text above.

Many thanks,

Ammi Trainor
Marketing & Communications Manager
Variety – the Children’s Charity of South Australia

P: 08 8293 8744 | M: 0488.055.028
68 Richmond Rd, Keswick SA 5035
PO Box 1235, Marleston SA 5033

Variety International Gold Heart Award Winner 2019





Upcoming College Tours

22 September, 9:30am and 5:30pm
27 October, 9:30am and 5:30pm

Visit olsh.catholic.edu.au or phone
8269 8800 to book

Personal tour requests also welcome

OUR LADY OF THE SACRED HEART COLLEGE

A Girls Secondary Catholic College from Year 7 - 12

496 Regency Road Enfield SA Australia 5085

T: 8269 8800 | E: olsh@olsh.catholic.edu.au | W: www.olsh.catholic.edu.au



LITTLE ATHLETICS

Join us for an (obligation free) introduction to Little Athletics for new families

**Friday 11th September 2020 at 5.30pm
at Rundle Reserve, Salisbury South**

**Summer season commences Friday 18 Sept 2020 at Rundle Reserve,
with a move to the new Bridgestone Athletics Centre in January 2021!**

**JOIN THE SQUADRON
jets.org.au/learn-more**

or contact Jenni on 0401 023 399 / president@jets.org.au



Grasshopper SOCCER

STARTS OCTOBER 17 & 18

FREE COME & TRY

CALL TO BOOK!



Soccer Fun For Girls & Boys Aged 2 to 12!
TERM 4 PROGRAM - 8 WEEKS

5 LOCATIONS: CITY | GRANGE | STONYFELL | MAWSON LAKES | WINDSOR GARDENS

Programs run all year round within each school term



Mite-E Soccer (2-3yo)

- A great introduction to Soccer!
- Kids work with their parents
- Learn new soccer skills
- Develop their motor skills!
- Lots of fun games
- Non-competitive environment



Pint Size Soccer (4-5yo)

- First kicks in soccer!
- Introduction to shooting, passing, dribbling and goal keeping
- Play fun, skill based games
- Introduction to the Pint Size 1v1 Big Game!



Intro to Micro (5-6yo) Micro (6-8yo)

- Ultimate challenge for young soccer players!
- Learn the rules of grasshopper soccer big game
- Develop skills in shooting, passing, dribbling and goal keeping



Micro Plus (8-12yo)

- Skills development and teamwork
- Ideal preparation for club soccer
- Fine tune their skills
- All the favourite fun based soccer based games
- Play the Grasshopper Soccer Big Game!

⌚ 35 MIN

\$120

⌚ 50MIN

\$130

⌚ 60MIN

INTRO TO MICRO \$140

⌚ 75MIN

MICRO \$150

⌚ 75MIN

\$150



Mobile 0408 825 280 for a FREE trial or get in touch

andrew@grasshoppersoccer.com.au

GrasshopperSoccerAdelaide | www.grasshoppersoccer.com.au



ADELAIDE
Strikers
**GIRLS
CRICKET
LEAGUE**

12 & Under Girls Cricket
Games played Friday evenings
Competition runs October – March

OUTDOORS
NON-CONTACT

Salisbury West CC

Register now at **PLAYCRICKET.COM.AU**
No experience necessary!

PLAYCRICKET.COM.AU

Online safety

A guide for parents and carers



eSafety parents

esafety.gov.au/parents



Online safety for parents and carers

As parents and carers you know your child better than anyone and have the best opportunity to support and guide them to have safer online experiences. This guide covers some of the key online safety issues for young people and includes a range of practical tips and advice on what to do if things go wrong. You can also find a list of important services that can offer extra support.

[eSafety.gov.au/parents](https://esafety.gov.au/parents)

eSafety parents



Cyberbullying

Cyberbullying is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically.

What does cyberbullying look like?

Examples of cyberbullying include:

- abusive texts and emails
- hurtful messages, images or videos
- imitating, excluding or humiliating others online
- spreading nasty online gossip and chat
- creating fake accounts in someone's name to trick or humiliate them

Online bullying can have a devastating impact on young people, whose online life is a key part of their identity and how they interact socially.

I think my child is being bullied

Your child may not tell you if they are experiencing bullying behaviour online because of a fear it might make things worse for them or they may lose access to their devices and the internet.

Signs to watch for:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn, anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use



Cyberbullying

What can I do?

Talk to your child about cyberbullying before it happens. Together you can work out strategies to address any potential issues and reassure them you will be there to support them.

If your child is experiencing cyberbullying:

- **Listen, think, stay calm** — talk to them about what happened, try to remain open and non-judgemental, ask them how they feel and ensure they feel heard.
- **Collect evidence** — it is a good idea to collect evidence, such as screenshots, of the bullying behaviour, in case you need to report it later on.
- **Block and manage contact with others** — advise your child not to respond to bullying messages and help your child block or unfriend the person sending the messages.
- **Report to site or service** — many social media services, games, apps and websites allow you to report abusive content and request that it is removed.

- **Report to eSafety** — if serious cyberbullying is affecting your child and you need help to get the material removed from a social media service or other platform you can make a cyberbullying report to us.
- **Get help and support** — check in with your child regularly about how they are feeling. If you notice any changes that concern you, get help through a counselling or online support service.





Online pornography

Your child may discover online pornography unintentionally, or they may go looking for it. Either way, you can play a role.

How do kids find pornography online?

- Your child may actively search for explicit content online, out of curiosity or perhaps because their friends are talking about it.
- A friend or sibling (or an adult) may share inappropriate content.
- Your child may accidentally type the wrong word or phrase into an internet search or click on a link to something that looks interesting but turns out to be pornographic.
- They might click on links in phishing or spam emails, and pop-ups (even on harmless websites).

How can I protect my child?

- **Set some ‘house rules’** — discuss the issue with all siblings and talk about where and when it is OK to use computers and devices.
- **Stay engaged** — talking regularly and openly with your child about what they are doing online will help build trust.
- **Use the available technology** — take advantage of the parental controls available on devices, and ensure the ‘safe search’ mode is enabled on browsers.
- **Build resilience** — talking about sexualised content can help young people process what they come across online and reinforce the importance of consent and respectful relationships.
- **Consider raising the subject of pornography yourself** — parenting experts recommend starting the conversation early (by the time they are around 9 years old) to help protect them from the potential impacts of coming across it accidentally. Every child is different, so decide when you think it is right to raise the subject with your child



Online pornography

- **Take a long-term view** — reinforce that if they do see something they do not understand, they can come and ask you about it.

For teenagers, the most important message is that pornography is not real life.

What can I do if my child has found pornography online?

- **Stay calm** — thank them for being brave enough to let you know and reassure them that you will sort it out together.
- **Listen, assess, pause** — ask them how they found it, where it happened, who (if anyone) showed it to them and how they felt when they saw it. Resist the urge to give them a lecture.
- **Reassure your child they are not in trouble** — try not to remove your child's device or online access completely, as they will see it as punishment.

- **Be sensitive to how they feel** — it is important to talk with your child about how the content made them feel. Encourage your child to talk to you about any questions they have.

- **Talk about the importance of consent and respect in relationships** — talk about the importance of always having permission to touch, hug, or kiss another person.

Further tips and advice about how to talk to your child about online pornography, depending on their age, are available on our website.



Sending nudes and sexting

It is important to talk with your children about the possible consequences of sending or sharing intimate images.

What are the risks?

Sharing intimate images may seem like a bit of fun or innocent flirting for young people, particularly those in a relationship. But things can go wrong and it is important your child understands this.

- **They lose control of the image** — once an image is shared, it can be copied and saved by others, shared with people the sender does not know and posted on social media and public websites.
- **Things can go wrong even in a trusted relationship** — a friend or partner may, on impulse and without thinking, share an image more broadly than the sender intended.
- **Images may not always be sent willingly** — young people may be forced or pressured into sending explicit images or videos.

- **The consequences can be serious** — for young people it could result in humiliation, bullying, teasing, harassment, damage to their reputation, and criminal charges or penalties.

The term 'sexting' is not often used by young people or in popular culture. Young people are more likely to refer to 'nudes'.



Sending nudes and sexting

How can I minimise the risks to my child?

- **Talk early, talk often** — have an age-appropriate chat with them about sending nudes. Consider asking questions using real-life examples like, 'Do you think it was right for him (or her) to share that photo after they broke up?'
- **Promote self-confidence and that it is OK to say 'no'** — let them know that they don't have to give in to peer pressure or send intimate images just because others do.
- **Teach them about consent and respectful relationships** — help them understand the impact of sharing intimate images of others and that they are breaking someone's trust when they do this.
- **Talk about the risks** — what can go wrong and the legal issues. Remind them that once an image is shared, it is almost impossible to get it back or control how it is shared.

What can I do when things go wrong?

- **Stay calm and open** — reassure them that they are not alone and you will work through this together.
- **Listen, and act fast** — there can be legal issues when intimate images of children are shared. You can report image-based abuse to eSafety. We can help to get intimate images removed and, in some cases, take action against the person who shared it. See more detailed advice on what to do and how to make a report on our website. You can also report the image to the site or service it was posted on.
- **Get help and support** — look after your child's wellbeing and encourage them to speak with a professional counsellor or support service.



Time online

Help your child achieve a healthy balance in their online and offline activities.

How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Signs to watch for:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

Reducing your own screen time sets a positive example.



Time online

Help your child manage their online time

- **Stay engaged and encourage balance** — keep an eye on the games, apps and devices your child uses by sharing screen time with them. Help them stay aware of their important offline activities, like hobbies and sports.
- **Create a plan** — involve your child in creating a family plan that balances time spent sitting in front of screens, with a variety of offline activities.
- **Use the available technologies** — parental controls and tools to monitor online time allow you to measure and set time limits on device use or internet access. But be honest and open with your children about why you want to use these technologies.





Online gaming

Online games can be great fun for your child, but make sure you can help them manage the risks.

What are the benefits and risks?

Many games can improve your child's coordination, problem-solving and multi-tasking skills, as well as help build social skills through online interactivity with other players. But it is important to understand what might go wrong.

Risks of online gaming include:

- spending too much time gaming, which can have negative impacts on your child's health, ability to study, and social and emotional wellbeing
- bullying and grooming through online or in-game chat
- games with gambling-like elements can normalise gambling for young people
- costs of in-game spending

How to create a safer gaming environment for your child

- **Prepare** — locate the computer or games console in an open area of your home and use available parental controls and safety features for devices, browsers and apps.
- **Build good habits** — help your child protect their personal information by using a screen name that does not reveal their real name. Teach them not to click on links provided by strangers, like 'cheat' programs to help with game play, which can contain viruses or malware.
- **Agree on strategies to help them switch off** — like a timer that signals game time is nearly over, with consequences for not switching off.
- **Stay involved** — talk regularly with your child about their gaming interests and who they play with online. Play alongside your child to get a better sense of how they are handling their personal information and who they are communicating with.



Online gaming

- **Be aware of what they are playing** — games vary in their level of violent or sexual content, and may contain themes, language and images that are unsuitable for your child.
- **Empower your child** — wherever possible, help them make wise decisions for themselves, rather than tell them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.





Unwanted contact and grooming

Socialising online can be a great way for children to build friendships, but it can also put them at risk.

How to deal with unwanted contact

Unwanted contact is any type of online communication that your child finds unpleasant or confronting, or that leads them into a situation where they might do something they regret. This can happen even if they initially welcomed the contact. It can come from strangers, online 'friends' your child has not met face-to-face, or from someone they actually know.

- **Make their accounts private** — suggest that your child makes their social media accounts private or revises their privacy settings regularly.
- **Delete contacts they don't talk to** — ask them to go through all the people who follow them or are friends with them on social media and check that they actually know them.

- **Report and block** — if they receive any unwanted contact from someone they know or a stranger, encourage them to report and block this person.
- **Delete requests from strangers** — encourage your child to delete friend or follow requests from people they don't know.

How does online grooming work?

Grooming involves building a relationship with a child in order to sexually abuse them. This abuse can happen in a physical meeting, but it increasingly occurs online when young people are tricked or persuaded into sexual activity on webcams or into sending sexual images.



Unwanted contact and grooming

How can I protect my child?

- **Stay involved in your child's digital world** — keep up-to-date with the sites, apps and online chat services they are using, and explore them together.
- **Build an open trusting relationship** — keep communication open and calm so they know they can come to you when someone is asking them to do something that does not feel right.
- **Help your child to protect their privacy** — encourage your child to use their privacy settings on social media sites to restrict their online information to known friends only.
- **Teach your child to be alert to signs of inappropriate contact** — help your child recognise signs that an online 'friend' may be trying to develop an inappropriate relationship, such as asking lots of questions about personal information soon after meeting online, asking which room their computer is in, asking them for favours and doing things in return (abusers often use promises and gifts to gain trust).

- **Establish safety guidelines for meeting online 'friends' face-to-face** — explain that it is safest to keep online 'friends' online, but that if they do want to meet someone face-to-face they should let you know first. Let them know they should be accompanied by you or another trusted adult.
- **What to do if something goes wrong** — talk to them without being judgemental or angry and make them feel like they can come to you with anything, without fear of being punished or criticised. Find out what happened and act to protect your child. Call the police immediately on Triple Zero (000) if their physical safety is at risk. Report abuse or online grooming to your local police or Crimestoppers. Get help and support for your child from a professional counselling service.



Report abuse to us



Cyberbullying

Cyberbullying is online behaviour that is seriously threatening, intimidating, harassing or humiliating. We can take action to get serious cyberbullying material removed, and provide advice, support and assistance.



Image-base abuse

We can help to get the intimate images or video removed and, in some cases, take action against the person who shared it. We can also help with sextortion, or where someone is blackmailing you over your intimate images.



CyberReport

Child sexual abuse material

We investigate complaints from Australian residents and law enforcement agencies about offensive and illegal online content.

Help and resources

Kids Helpline

Kids Helpline provides free and confidential online and phone counselling to young people aged 5 to 25. It is available 24 hours a day, 7 days a week.

kidshelpline.com.au or 1800 55 1800.

eHeadspace

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. It is available 9am to 1am (Melbourne time), 7 days a week.

eheadspace.org.au or 1800 650 890

Support for parents

Each state or territory has a dedicated Parentline that offers counselling, information and a referral service. Opening hours vary by state.

[Parentline](#) (QLD and NT) — 1300 30 1300

[Parentline](#) (VIC) — 13 22 89

[Parentline](#) (NSW) — 1300 1300 52

[Parent Helpline](#) (SA) — 1300 364 100

[Parentline](#) (ACT) — 02 6287 3833

[Parent Line](#) (TAS) — 1300 808 178

[Parenting WA Line](#) (WA) — 08 6279 1200 or 1800 654 432

Help and resources

Support for schools

Many schools have detailed policies and procedures in place to help support children online, including how to manage issues like cyberbullying, sexting and other online concerns.

The Departments of Education in each state have policies and information for students, teachers, parents and the broader community on the appropriate use of technology. For more information, contact your child's school.



eSafetyCommissioner

esafety.gov.au/parents