James Ruse Parent Guide Learning with Technology

At James Ruse Agricultural High School, we aspire to provide our students with the skills and knowledge to enable them to succeed in the rapidly evolving world of digital technology and artificial intelligence. As such we are a 'Bring Your Own Device School' and require students to use their laptops every day at school and at home. The online world can be an empowering, fascinating and challenging place and, if used appropriately, will be hugely beneficial to your children.

Technology can be a powerful tool for students to:

- Take charge of their learning and engage with the world around them
- Solve problems, build skills, collaborate and communicate
- Explore and discover their own creativity and passions
- Build relationships and establish their identity
- Learn anytime, anywhere

This guide is to help parents and students thrive in digital world and to provide you with strategies to encourage your child to maintain a healthy balance between online and offline activities.

How much is too much?

Signs that your child's online activity may be having a negative impact on them or on your family include:

- less interest in social activities
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- obsession with particular websites or games
- overly negative response when asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

If you have any concerns please contact your Year Advisor. No concern is too small

Examples of available parental controls

https://esafety.gov.au/parents/online-safety-guide Online safety – a guide for parents and carers (regularly updated parental controls)

Microsoft Family provides the ability to manage your children's online activity on Windows devices.

Google Play and Google Family Link can be set up to restrict content. Google Family Safety Centre contains general advice and information for families and direct links to tools and resources

Google's Digital Wellbeing provides tools and includes tips for parents on how to help their child form a balanced relationship with all things digital.

https://www.opendns.com/home-internet-security/

There are also controls available from mobile service providers, streaming services, web browsers and search engine

Additional online resources are available at the Office of the eSafety Commissioner

https://www.esafety.gov.au/parents/skills-advice/online-safety-basics

Three key strategies to helping your child with their use of digital devices including laptops, iPads, iPhones, gaming consoles :

1. Be engaged, open and supportive

- Keep lines of communication open,

- Get involved by asking your child about their screen use eg if they like to play games ask them about them.

- Reassure your child they can always come to you, no matter what.

- If you notice a change in behaviour or mood, talk to your child about it. If you are concerned, please contact us at school by emailing or calling the Year Adviser.

2. Set some rules

- When you first buy any device for your child, set age-appropriate rules with them and discuss some consequences that you will introduce for breaking them.

- Seek your child's input — this will help them understand risks. As they get older you can review your rules.

- Set device-free zones and times at home for example no devices in bedrooms after a certain time for older children, charge devices overnight in a place your child cannot access, screens off at least one hour before planned bedtime

- Model behaviour that you would like to see eg no devices at dinner time or wifi off at 10pm.

3. Taming the technology

- Get to know the devices you and your children use and set them up for privacy and online safety.

- Choose apps and games carefully, taking age ratings and consumer advice into account.

- For younger children , parental controls can be effective(some examples are on the back cover)

- Ensure there is a balance between leisure and work time on the devices.

 No parental control tool is 100% effective. Helping your child build good online safety habits through effective communication is more important