

## Féile na bliana:

# Ghníomhaithe / Activists!

## Dé hAoine i nGaelscoil an Ghoirt Álainn

Zoom link

<https://us02web.zoom.us/j/82944337834?pwd=NG5oQUZiR1BIRHNtWUxVQTRNc21qZz09>

password; **GGA**

Gach bliain roghnaímid féile amháin mar Fhéile na Bliana agus i mbliana is ceann faoi Ghníomhaithe (Activists) an domhain atá ann!

Beidh fóirchoin fáilte roimh tuismitheoirí teacht ar líne linn ó naoi a chlog ar maidin chun féachaint ar ár gceiliúradh.

As part of our multid denominational curriculum the children learn about religions and festivals of people from around the world, and each year we pick one to be our Festival of the Year. This year we have decided to celebrate the role played by activists in shaping our world.

Classes are currently recording some beautiful videos and they will share these with you and with our whole school community on Friday morning. Classes will recite poems, sing songs and inform us about the various activists or movements that they have chosen.

You are invited to join us via ZOOM on Friday morning from 9.00am. as we celebrate our annual festival together.

School uniform is not compulsory on Friday and children are asked to dress up on the day as directed by their class teacher.



## Internet safety talk for parents

### Oíche Dé Máirt 19/10/2021 @ 7.30

Beidh caint speisialta do thuismitheoirí faoi pháistí agus an idirlíon, ar siúl ar líne, Oíche Dé Máirt, an 19 Deireadh Fómhair, ag 7.30. Beidh an caint seo saor in aisce agus is caint do thuistí páistí scoile atá ann. Tá fáilte roimh gach tuismitheoir sa scoil ach táimid ag lorg tuismitheoirí ó Rang 3, 4, 5 & 6 a bheith i láthair ach go háirithe.

Beidh an caint seo dírithe ar an idirlíon, contúirtí, príobháideachas agus faoi chonas déileáil le fadhbanna. Leanfaidh an caint ar son uair a chloig agus beidh sé bunaithe ar ról an tuismitheora.

You are invited to an [Anti-Cyberbullying / Internet Safety Workshops for parents of Primary Schools children](#) on Tuesday the 19<sup>th</sup> of October at 7.30pm. The talk will be free and is open to all parents of children attending our school.

We are specifically requesting representation from all families of children from 3<sup>th</sup> to 6<sup>th</sup> class.

This workshop will be given by Ger Brick from iNetSafetyTalk [www.iNetSafetyTalk.com](http://www.iNetSafetyTalk.com).

The talk will focus on:

- + keeping children safe on the web and on social media
- + talking to children about using the internet safely
- + being responsible online

The talk is aimed at parents. Children attending our school already had a similar, age appropriate safety class just before the summer holidays.

The talk which should last approximately an hour and a half is focused on the role of the parent in teaching responsible behaviour to children.

## Internet safety talk for parents

### Oíche Dé Máirt 19/10/2021 @ 7.30

**Zoom details;**

Parent Guardian Information Evening - Internet Safety / Anti-Cyberbullying with Ger Brick

Join Zoom Meeting;

<https://us06web.zoom.us/j/87676276134?pwd=Nk5JZ3lCUkcxSUJRUEdPZlBkOGJkZz09>

Meeting ID: 876 7627 6134

Passcode: 247247

Please Note :

\* Meeting will be active from 6.45pm on the evening of the event and attended by Ger Brick Actual Start time : 7.30pm

## Cabhair ó thuismitheoir á lorg / Parental assistance requested.

Tá roinnt páistí ón scoil ag féachaint ar chlár teilifíse ar Netflix faoi láthair atá go hiomlán mí-oiriúnach dóibh. Iarraimid ar thuismitheoirí a bheith an-aireach i dtaobh an ábhar teilifíse a bíonn páistí ag féachaint ar agus iad sa bhaile.

It has come to our attention that a number of children at school are currently watching a very inappropriate show on Netflix. We ask that all parents be very careful and vigilant in terms of the content being watched by their children on TV and particularly online. In spite of the prevalence of childhood games throughout this particular Netflix series the show in question is **definitely NOT suitable for primary school children.**

### Social networking tips

If your child using social media, here are a few conversation starters to help them make the most of the experience:

**Firstly, ask your child about what social networking services they use.** Start on a positive footing by asking them to describe the things they like about it. Ask if you can see the profile. But don't be surprised if your child is reluctant to show you – children can see social networking as a parent-free zone where they communicate with friends.

In order to open up the channels of communication with your child over their social networking use, don't be too critical of their online experience or habits to date. It's not always their fault if there is something inappropriate on their profile.

Sometimes a teenager won't tell a parent about a bad experience they have had online because they fear that you might solve the problem by keeping them off their favourite social networking services. However, if they feel they can talk about their online habits with you, without judgement, or the threat of being disconnected it will lead to more honesty in the long run.

**Ask your child what privacy settings they have set up on their profiles.** Encourage them if they are public, to amend the setting to private so that only friends can see what they post. But also let them know that even with the tightest privacy controls, content posted online can be easily copied and shared with audiences they can't control.

**It's a good idea too to talk about your child's friends list.** "Friends" is the catch all term for any contacts on social networking sites. Sometimes, in their desire for popularity, teenagers become too relaxed about who they'll accept as 'friends'. Teenagers should review their list of online 'friends' regularly, so they are sharing their information only with people they trust.

Be sure to put emphasis on the fact that they should NOT reply to any unwanted or unsolicited messages.

Although it may seem obvious, often scam artists or predators use message which draw responses from young people. So it's good to make sure your child knows how important it is to ignore them.

# Dealing with cyberbullying

## What is Cyberbullying

Online bullying is something you should talk about with your child before it happens. **Ideally when your child starts using social media for the first time, when they are moving from primary to secondary school, and regularly thereafter.**

This type of bullying is increasingly common and is continuously evolving. It is bullying carried out through the use of internet and mobile phone technologies. Being the target of inappropriate or hurtful messages is the most common form of online bullying.

Cyberbullying does not require face to face contact, it can occur at any time (day or night). Many forms of bullying can be facilitated through cyberbullying. For example, a child may be sent homophobic text messages or pictures may be posted with negative comments about a person's sexuality, appearance etc.

Be clear on what constitutes online bullying. The procedures recently published by the Department of Education and Skills say "placing a once-off offensive or hurtful public message, image or statement on a social network site or other public forum where that message, image or statement can be viewed and/or repeated by other people will be regarded as bullying behaviour".

**Cyberbullying can happen to anyone.** It's always wrong and it should never be overlooked or ignored. You know your child better than anyone else. It means you are best placed to identify and deal with any cyberbullying they may encounter.

## What can I do if my Child is Being Bullied Online?

Praise your child for coming to speak to you about the problem. Sometimes that first step of asking for help is a difficult one. Try to stay calm and not overreact. Reassure your child by reminding them that many people have had similar experiences.

The first thing to do is to listen. Listen supportively, don't interrogate your child. If they come to you looking for help, they have demonstrated trust in you. Be careful not to damage that by losing your cool or taking action that they are uncomfortable with. At the same time you should make it clear that in order to help them you may have to talk with their teachers and the parents of other children involved.

Once you have established that bullying is taking place, you should get in touch with your child's school or youth organisation. Internet service providers should also be contacted and, if the cyberbullying is very serious, or potentially criminal, you could contact your local Gardaí.

Schools have a particular responsibility to address bullying. Talk with your child's teacher if the bullying is school related. A pupil or parent may bring a bullying concern to any teacher in the school. Individual teachers must take appropriate measures regarding reports of bullying behaviour in accordance with the school's anti-bullying policy. All schools must have an "Anti – Bullying" policy. You should familiarise yourself with your school's policy, so you know the steps to be taken if required.

Encouraging your child to talk to you about cyberbullying is key to maintaining an open and positive environment which can help you deal with the situation.

Responding negatively by barring internet use or taking away their mobile phone can damage trust and may also put you out of the loop if cyberbullying happens again. Help your child to build his/her confidence and self-esteem in other areas. This can be supported through your child engaging in out of school activities, such as sports, music or art activities. If your child is very distressed it's important that they have someone with whom they can speak. A professional counsellor might be able to help. Childline offers a listening support service for children.

### What Advice Should I Give my Child?

**1. Don't Reply:** Young people should never reply to messages that harass or annoy them. The bully wants to know they have upset their target. If they get a response it feeds into the problem and makes things worse.

**2. Keep the Messages:** By keeping nasty messages your child will be able to produce a record of the bullying, the dates and the times. This will be useful for any subsequent school or garda investigation.

**3. Block the Sender:** No one needs to put up with someone harassing them. Whether it's mobile phones, social networking or chat rooms, children can block contacts through service providers.

**4. Report Problems:** Ensure your child reports any instances of cyberbullying to websites or service providers. Sites like Facebook have reporting tools. By using these, your child will be passing important information to people who can help eradicate cyberbullying.

Children need to understand the emotional damage cyberbullying, and all other forms of bullying, can cause. All forms of bullying hurt, all cause pain and all should be stopped. By stressing this to your child – and by enforcing the importance of not standing by while someone else is being bullied – it will encourage their responsible internet use.

## Advice for first time tablet use

For many children today their first experience of the internet is through a tablet or smartphone device. If you are considering purchasing a tablet for your child there are a few things to consider.

Before your child is given a new device, decide and agree on what you are happy for them to use it for. For example, are they allowed to play games? Search online? Talk to other people online? Download apps?

### Secure the device

Ensure the tablet is child-friendly before your child starts using it. Parental controls should be activated for young children. Information on this can be found at: [webwise.ie/parental-controls](http://webwise.ie/parental-controls)

Parents should also become familiar with how the device works, reporting tools on sites and safety modes.

Use child-friendly websites and search engines, for example Swipe TV, YouTube Kids or CBEEBIES.

### Have a conversation

For young tablet users the conversation needs to be simple, agree rules for tablet use. It is a good idea to discuss boundaries on where and for how long devices can be used. For

example, many parents opt for a device free meal time and keep device in communal areas where parents can see their children.

Establish an open dialogue around internet use with your child, ensure your child knows to come to you if they are upset by something they see online. Having regular discussions with your child about what they are doing will also help create a positive online experience from a young age.

### **Gaming**

Many children use tablets for gaming. Talk to your child about games they will play, get them to show you how they work and ensure they have an appropriate age-rating. If the game has a player chat function, for young users we recommend disabling this if possible.

### **In-app purchasing**

Many apps and games offer in-app purchases giving user's additional game functionality, additional points/bonuses which children can easily purchase without even realising. Block in-app purchases using your phone/device settings. Additionally, some apps can cost money, help control what your child can access by blocking app purchasing. It is also a good idea to add a password to the app store account on the device your child is using. This can help manage what apps your child has access to. If your child is using an iPad or iPhone, here is how to restrict purchasing: [support.apple.com/en-ie/](https://support.apple.com/en-ie/)

### **Address potential risks**

If your child is of an age where they will have more freedom with their device, it is also important to talk them about issues like privacy, inappropriate content, sharing personal information and cyber-bullying.

For more advice go to: [webwise.ie/parents/advice/](https://webwise.ie/parents/advice/)

## **What to do if images/video of my child are shared online.**

If images of your child have been shared online without their permission there are a number of actions to consider taking:

- Firstly, **reassure and support your child**, this can be a very distressing time for your child. It's also important to try and get all the facts before taking action.
- **Do you or your child know who has shared the image?** If so contact them and ask them to remove and delete the image(s). You should also check if they have shared the image(s) with anyone else or on any other sites/services.
- Certain self-produced images or videos exchanged by adolescents, under the age of 17, could be considered as child pornography and thus illegal. **If your child is under 17 and inappropriate images of him / her has been shared online, it is illegal and you should report it to the Gardaí.**
- If possible, **keep any evidence of where the image has been shared** and who has shared it.
- If your child is under 17 and the intimate image is being shared on a social network or messaging app, the images are illegal and **all service providers must remove the content as soon as possible.** Most social networks also have a policy against certain pictures and will remove private images, if they have been shared without permission. Reporting can normally be done within the network/app settings although it varies across social networks and apps. Here's how to report content on

some of the more popular sites.

**FACEBOOK** – [facebook.com/help](https://facebook.com/help)

**YOUTUBE** – [support.google.com/youtube/](https://support.google.com/youtube/)

**INSTAGRAM** – [help.instagram.com/](https://help.instagram.com/)

**SNAPCHAT** – [support.snapchat.com/co/other-abuse](https://support.snapchat.com/co/other-abuse)

- You might also **consider contacting a legal professional** if you are having difficulty removing images or contacting the website host.
- Not sure where the image may have ended up? **Enter your child's name into a search engine**, this may help find where the image has been shared.
- This can be a stressful, upsetting time when images are shared online without consent. **It may be helpful for your child to talk to a professional or school guidance counsellor** about what has happened.

## Useful Links

### Hotline.ie

The hotline.ie service provides an anonymous facility for the public to report suspected illegal content encountered on the internet.

Get in touch: [hotline.ie](https://hotline.ie) // 1890 610710

### Childline

Childline offers a phone service, a text support service (text 'Talk' to 50101) and an online chat service to help support young people. There is also a special text service for young people experiencing bullying (text 'Bully' to 50101).

Get in touch: [childline.ie](https://childline.ie) // 1800 666666

**Garda** // [www.garda.ie](https://www.garda.ie)

### Who to talk to

For a full list of services and support networks, go to: [webwise.ie/where-to-find-help/](https://webwise.ie/where-to-find-help/)

## Talking points: Online gaming

Here are some helpful talking points to help start the conversation with your child about online gaming:

### Talking points

#### 1. Can you show me your favourite game?

It is a good idea to get to know the games yourself, why not sit down with your child and let them show you how the game is played. Talk to your child about what they can do in the game they are playing. What is the overall objective of the game, what do they like most about playing it, and is there anything about the game that they don't like.

#### 2. Can you play against other kids?

Some games have optional multi-player modes where your child can play with and against others. Make sure you are clear on whether you are happy for your child to play with others. If you are, ask them who they are playing with? Establish rules around this that you can both agree on. Most games have a rating you can check to see if they are age appropriate.

### **3. How much time should you spend playing?**

**It makes life a lot easier if you bring this subject up early on; it can be tricky to change well-established practices. Talk about why it is important to have limits. it is a good opportunity to talk about the importance of being active, being outdoors, and spending time in the company of other children. Striking a suitable balance is key.**

Remember, it can be hard to enforce restrictions. It can also be difficult to accurately track the amount of time they are spending playing the game. Some devices allow you to use parental controls to strictly enforce daily or weekly limits. In many cases, the device simply switches off once the allocated time has been exceeded. While this is handy; it can be very frustrating for a child who is just about to reach a landmark in the game after a great deal of effort. We recommend not relying exclusively on parental controls. Use them to support your usual parenting approaches.

### **4. Can you chat with the other kids you are playing?**

Many games allow players to chat with each other. Agree rules around this, ask your child about who they think it is okay to talk to online. Discuss your expectations around the type of language they should not use and how they treat others. Be very clear on consequences of using bad language, being disrespectful, or not following the other agreed rules. The threat of withdrawing access to the game can be a good deterrent to bad behaviour.

Check if the game gives the option of disabling chat and if there is a safe chat mode. Some games allow limited forms of chatting where gamers can communicate with each other by selecting from a menu of phrases.

### **5. What sort of information is NOT okay to share when gaming?**

**Explain to them the importance of not giving away any personal information online. In the case of online gaming it is a good idea not use real names for game profiles and not to share passwords with friends.**

### **6. What would you do if something inappropriate happens when you are playing a game online?**

It is important that your child is familiar with safety setting, privacy and reporting tools. It is equally important that your child understands they can talk to you if they experience anything inappropriate online. This is also a good opportunity to encourage your child to play fairly and treat other gamers with respect.

For more information on gaming go to: [webwise.ie/parents/play-it-safe](http://webwise.ie/parents/play-it-safe)

# Screen Time: Advice for Parents

**Are you concerned about how much time your child spends on their phone/tablet/computer? We've put together a guide for parents on advice and talking points with your child on screen time.**

## How much is too much?

Unfortunately – there is no magic number, children use their devices and computers for lots of different reasons – to learn, to play, and to socialise. The most important thing is to set clear boundaries on screen time and set a good example.

**'Screen time' is an obsolete concept.** As digital media become integrated into all aspects of daily life, it is more important to think about what your child is doing online and who they are doing it with than to consider arbitrary rules about time.

## Helpful Pointers

- 1. Agree a clear set of rules with your child on screen time in the home.** Talk to your child on when you think it is appropriate and inappropriate to use screens. Agree times when screens are allowed and not allowed in the home. For example dinner time, homework time and bedtime.
- 2. Do as you say** Modelling behaviour is THE most powerful way you can influence your child's behaviour.
- 3. Restrict the use of computers/devices in the bedroom.** Depending on the age of your child you may want to set a curfew or ban devices from the bedroom completely.
- 4. Buy an alarm clock for your child's bedroom and charge their phones in your room at night time.** This can be a helpful way of giving them a break from the internet.
- 5. Try not to rely on screens too much to keep the kids amused.** It can be easy to encourage kids to pick up the tablet or play a game on the computer to keep them occupied. This only confuses rules on screen time, try and stick to the agreed rules with your child and remember to set a good example.
6. Chat to your child about what they do online and encourage them to use their screen time for learning and education.
7. Pick one evening a week where you **do a family activity together**, whether it's movie night, games night. Doing activities together as a family will help implement screen time guidelines and offer fun alternatives.
- 8. Don't have screens always on in the background.** Turn off TVs and Computers when not in use, these can be distracting for kids if they are trying to participate in another activity.
- 9. Finally, join in,** why not set some time aside to play your child's favourite computer game and discover the online world together.

## 6 Things to consider before sharing photos of your child online

It's not uncommon nowadays for photos of children to be posted online before they are even born. Announcing your pregnancy by posting a baby scan is a 'thing' on Facebook and Twitter. It doesn't stop once there, a recent survey found that an average parent will post almost 1,000 photos of their child online before he/she turns five. We live in an age of sharenting.

Our children learn most from watching us and copying what we do. If you want your child to only post photos when they have the consent of the people in them, ask their permission before posting photos of them. Likewise, if they ask you to remove a photo that they find embarrassing, take it down. The chances are your child will do the same if they find themselves in a similar situation.

There are no hard and fast rules for this topic, however there are some things to consider before you hit the share button:

- **Edit your life:** Be selective about what you share online. Don't post photos of everything that happens in your life no matter how cute you think your child looks in them. Think twice about sharing photos taken in bathroom and bedroom settings. You can't control the context in which the photos will be seen.
- Ask yourself **will this photo cause my child embarrassment** now or in the future? Everything we post online creates a digital footprint and for young people maintaining a good online reputation is becoming increasingly important. Parents should consider any long-term risks of sharing photos of their child online.
- **Check Your Settings:** Social networks regularly update settings so it is important to review your settings. If you are a regular user of Facebook, the social network allows users to do a [Privacy Checkup](#) which makes it very easy for users to understand who they are sharing content with.
- **Who will see my photos?** Ensure you are happy with your privacy settings and understand who may potentially see your images. It is a good idea to regularly review your friend/connections on social networks. Some networks for example Facebook allow users to limit/customise who they share posts with.
- **Some things will always be public.** Parents should beware that some posts/photos are always public for example; Twitter profile photos, Facebook cover images and featured photos.
- **Is your location service disabled?** Many social networks and apps allow you to share your location. Some people may not be aware this function is automatically enabled on some apps and networks. Consider reviewing this when sharing family photos.

Some networks for example Facebook allow users to limit/customise who they share posts with.