

Some resources and activities within the eSmart Schools Portal facilitate discussions on sensitive topics like online safety and encourage students to demonstrate their strengths and capabilities when exploring ways to respond to unsafe situations.

This could trigger children to share experiences of harm or be prompted to remember experiences of harm.

Ensure you are familiar with your workplace safeguarding policies and procedures in case a child discloses a safety concern.

Prepare students for an online safety session, by:

- Reminding students of their right to be safe, to have their bodies, thoughts and feelings respected
- Explaining to students that online safety discussions can make us feel uncomfortable or unsafe and what to do if this happens
- Discuss ways to seek help if students feel unsafe, such as speaking with a trusted adult or contacting a support service



Activity 1 Creating a Group Agreement

The following activities should be completed before using any eSmart Schools resources

Activity instructions

Materials:

- Group agreement template
- Pens and paper for brainstorming

Time:

30 minutes

Extension:

- 1) Explain to students that throughout the year, some of the things that you will be learning about might feel uncomfortable, because they remind you of things that have happened, or things that you worry might happen. Learning about how to respond to unsafe situations can be a great way to show our strengths and capabilities too.
- 2) Remind students that, when you have these discussions and lessons, it is important that as a group we all agree on how to treat each other, and that everyone feels comfortable and safe to take part. To do this, the class will create a group agreement, so everyone knows what behaviour is acceptable during these lessons.
- 3) As a class or in small groups, brainstorm a list of rules suitable for your class. Encourage these to be framed in positive language- think 'We will' rather than 'Don't' statements.

If the following ideas do not come up, consider prompting students to include them, explaining why they are important:

- Respond respectfully to each other
- Let someone know if things are making us uncomfortable
- Keep things anonymous, and don't dig for more information than someone is comfortable to share

- 4) Select the rules that the class agree are most important, and add these to the Group Agreement template. Display these in your classroom or learning space.

In our class we agree to:

Activity 2
Finding support



Activity instructions

Materials:

- Talking to Someone template for each student
- Device for online search

Time:

30 minutes

1. Remind students that they have the right to be safe, and to have their bodies, thoughts and feelings respected. If they ever feel unsafe or not respected, it is important that they don't just hold on to that- there is always someone to talk to and get support from.
2. Tell students that a trusted adult is someone who will:
 - listen to you when you come to them
 - help you to feel safe
 - respect you and what you tell them

Sometimes, you might need to talk to more than one trusted adult to get the support you need, and that is OK- don't stop looking for support just because the first person you spoke to wasn't able to help you at that time.

3. Provide students with a copy of the *Talking to Someone* template and ask them to think about people in their lives who do the things you have spoken about. Explain that having a list of these people can be helpful, because when we are caught in the moment of needing that support, it can be hard to think about who to go to.
4. Either individually or as a class, use an online directory to search for support organisations in your local area. This may be a local youth group, a Headspace centre, or community health centre. If you do not have these facilities in your community, add your school's student support services in this space.
5. When completed, encourage students to store their sheet somewhere where it can be easily accessed when required, such as in a school diary or drive, or saved to their device

If something isn't feeling right, I can talk to these people

At school, an adult I can speak to is

Outside school, some adults I trust are

In our community, we have access to

I can also use:

Kids Helpline 1800 55 1800 or www.kidshelpline.com.au

Headspace www.eheadspace.org.au