

Fact Sheet

More great resources

For cyber safety

www.esafety.gov.au

Office of the eSafety Commissioner. Within this website you will find a vast array of information, contained in clearly defined sections with an interface that is easy to navigate. Individual sections include:

www.esafety.gov.au/women - Empowering women to take control online & especially helpful to those fleeing domestic violence.

www.esafety.gov.au/education-resources/iparent - Parent/carer specific

www.esafety.gov.au/education-resources - Teacher/educators lessons etc.

www.esafety.gov.au/youngandesafe - Specific information for young people.

The website also allows the reporting of offensive content, serious cyberbullying material directed at those under the age of 18 years and where a Social Media company has failed to remove the content when asked and is also the home of Australia's Image Based Abuse reporting portal. This tool is available for all Australians regardless of age and includes advice, legal options and the reporting tool itself.

<https://www.aftab.com> - Parry Aftab is a US lawyer, child safety advocate and expert in all aspects of cyber law, best practices, cyberbullying and cyber harassment, cybercrime and privacy.

www.antibullyingpro.com - Part of the inspirational Diana Award charity, established to honour the late Princess Diana and her belief that young people have the power to change the world for the better.

www.bullying.org - Established in 2000 by teacher and anti-bullying advocate Bill Belsey the site contains good solid information about all bullying including cyber bullying.

www.ceop.gov.uk - The website of the Child Exploitation & Online Protection Centre UK which is part of the National Crime Agency. World renowned in their work in the field of child online exploitation, the website is one of my favourites.

www.childnet.com - A UK based website from Childnet International a not for profit organisation working with others to make the internet a safer place. Lots of good advice and teaching resources.

www.common sense media.org - Common Sense Media is dedicated to improving the lives of kids and families by providing the trustworthy information, education, and an independent voice.



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www.cybersafetysolutions.com.au - My website with contact information, fact sheets and much more. My contact details and information about cybersafety education sessions and other services that I offer. Do not to hesitate to contact me with any questions or concerns.

www.esmart.org.au - An initiative of the Alannah and Madeline Foundation, the eSmart framework is the best comprehensive cybersafety program framework in Australia. It provides schools with a set of guidelines and checks to ensure that their school is competent in a range of online safety areas and with guidance and support, assists them to attain an eSmart certification.

www.fosi.org - Website of the Family Online Safety Centre with useful resources for parents and carers, advocacy on Public Policy and research. Well worth a look.

www.GetNetWise.org - A public service website brought to you by the internet industry. Although based in Washington DC, has good, easy to understand and up to date information on a range of online issues, questions and

www.microsoft.com/en-us/safety - The safety and security section of the Microsoft website. Very valuable site if you are using a Microsoft product.

www.missingkids.com - The website of the National Centre for Missing and Exploited Children (NCMEC) which was established in 1984. NCMEC is the leading non-profit organization in the U.S. working with law enforcement, families and the professionals who serve them on issues related to missing and sexually exploited children.

www.ncab.org.au - Website of the National Centre Against Bullying of which I am a member. Good resources, advice and research to be found here.

www.netsafe.org.nz - New Zealand's independent, not for profit online safety organisation. Good information and resources including New Zealand specific reporting portals.

www.netsmartz.org - NetSmartz Workshop is an interactive, educational program of the National Centre for Missing & Exploited Children (NCMEC) that provides age-appropriate resources to help teach children how to be safer on and offline. The program is designed for children ages 5-17years, parents and guardians, educators, and law enforcement.

www.nspcc.org.uk - A leading children's charity covering the UK, Channel Islands and the Isle of Man working to stop the abuse of children. Some really good resources for schools.

www.pewinternet.org - a fact tank of interesting and accurate information about many trends affecting American Families, but of particular interest is the internet or cyberspace research topics. Sign up for regular newsletters. Very relevant to Aussies.

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www.saferinternet.org.uk - The UK Safer Internet Centre is coordinated by a partnership of three leading organisations; Childnet International, the South West Grid for Learning and the Internet Watch Foundation. Lots of good information and you can sign up for regular newsletters or follow on Twitter. This is one of my go to site as a whole and for the individual sites within.

www.stopspeaksupport.com - Established as a resource portal from the Royal Foundation Task force on the Prevention of Cyberbullying. Good information.

www.thinkuknow.org.au - Excellent cybersafety program initially designed to teach children about online predators but now includes other online issues. Adopted here in Australia by the Federal Police as their main education program.

www.wiredsafety.com - WiredSafety is the largest and oldest online safety, education, and help group in the world. Whilst some information is USA specific, most is relevant regardless of where you are from. Founded by leading cybersafety expert and lawyer Parry Aftab (see above).

Mental health and general

www.blackdoginstitute.org.au - The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

www.butterflyfoundation.org.au - The Butterfly Foundation represents all people affected by eating disorders and negative body image – a person with the illness, their family and their friends. Butterfly operates a national support line, which is staffed by trained counsellors experienced in assisting with eating disorders.

www.collectiveshout.org - a grassroots campaigning movement against the objectification of women and the sexualisation of girls in the media, advertising and popular culture.

www.crimestoppers.com.au - Report a crime or suspicious activity anonymously either online or via a dedicated telephone number.

www.darta.org - The website of the Drug and Alcohol Research and Training Australia founded by Paul Dillon, world renowned expert on drugs, alcohol and young people. Follow Paul on Twitter or read his blog for fantastic, realistic and sometimes blunt advice for parents. Love it!

www.eheadspace.org.au – eheadspace is a confidential, free and secure space where young people 12 - 25 years or their family can chat, email or speak on the phone with a qualified youth mental health professional.

www.headspace.org.au - The website for Headspace the National Youth Mental Health Foundation which provides help to young people who are going through a tough time. With over 100 centres around Australia, Headspace can help with general & mental health, counselling, education, alcohol and other drug issues.

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www.headstogether.org.uk - Established by The Duke and Duchess of Cambridge and Prince Harry it bought together eight leading charities to help change the conversation around mental health.

www.itstimewetalked.com.au - Great Australian resource to help parents, clinicians and educators deal with the issue of pornography and young people. Advice about how to discuss this with your child or student.

www.kidshelp.com.au - Kids Helpline is Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. The website has contact information for young people to connect with other young people dealing with the same issue.

www.mentalhealthfirstaid.com.au - Mental health first aid as good information about when to worry and how to help someone with mental health concerns. Sign up for one of their courses to learn mental health first aid.

www.moodgym.anu.edu.au - A free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.

www.oyh.org.au - Orygen Youth Health (OYH) is a world-leading youth mental health organisation based in Melbourne, Australia. OYH has three main components: a specialised youth mental health clinical service; an internationally renowned research centre; and an integrated training and

www.parentline.com.au - Parentline provides support, counselling and parent education for the cost of a local call. Visit this site for the relevant links to the page for your state or territory. It operates 8am - 10pm 7 days per week.

www.pornharmskids.org.au - Porn harms kids is a registered health promotion charity addressing the harms of young children and young people accessing online pornography in Australia.

www.psychology.org.au - For a list of qualified psychologists listed by location and field of expertise.

www.reachout.com.au - ReachOut.com is Australia's leading online youth mental health service, where you can get the help you need, where and when you need it.

www.scamwatch.gov.au - Part of the ACCC, this website gives great information on the latest scams, scams by type and how to report a scam.

www.theothertalk.org.au - Website of the Australian Drug Foundation it provides information for parents to assist them to have, "The Other Talk" about alcohol and other drugs.

www.youthbeyondblue.com - This is the young person specific arm of beyond blue. Beyondblue was established in October 2000 as a national five-year initiative to create a community response to depression.

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Twitter accounts to follow for educators especially but parents and anyone who works with or cares for children...

Sonia Livingstone @Livingstone_S

Sameer Hinduja @hindua

Michael Ha @MichaelHaEDU

Brett Salakas @MRsalakas

SchoolTV @SchoolTVme

Alex Holmes @abcholmes

John Kinniburgh @jckooka

Stuart Kelly @stuartkellynz

Magdalene Mattson @madgiemgEDU

Karen Ingram @PdhpeNESA

Mary-Lou O'Brien @mlobrien

Justin Patchin @justinpatchin

Dr Michael Carr-Gregg @MCG58

Katie Collett @KLcollett

Catherine Misson @CatherineMisson

Nicole Archard @NicoleArchard

Annie Mullens @Annie_R_Mullens

Tessy Ojo @Ttall

Dr Charlotte Keating @charkeating

Dr Dorothy Espelage @DrDotEspelage

Dan Haesler @danhaesler

Craig Kemp @mrkempnz

Briony Scott @BrionyScott

Jocelyn Brewer @JocelynBrewer

Collett Smart @collettsmart

