



Cyber Safety advice for our school community

This document has been produced by staff at Cashmere High School in response to requests for advice on safe and appropriate use of digital technologies for teenagers. Our community is a diverse one, and there is a wide range of views and perspectives on how best to manage safe and appropriate use of digital technologies in each family's home.

Despite our young people being heavy users of digital technologies, many are not aware of technology's negative aspects. This includes bullying, sharing inappropriate images (e.g. sexting), and the individual "digital footprint" our students are creating.

What is currently happening at Cashmere High School?

- Since 2016 our school has implemented a whole-school BYOD programme, which requires students to have their own personal laptop for use in classes and at home.
- Having a personal laptop at school is increasingly valuable for modern learning (e.g. research, assignments, design and presentation work, sharing documents, and helping with learning disabilities).
- Digital technology is only part of schooling. Our students will continue to do physical exercise in PE, group work in Social Studies, practical experiments in Science, construction work in Technology, and hands-on creation across the Arts.
- Our school invests in infrastructure to support use of digital technology, including stable ICT network servers, fast internet access, school-wide wifi, data projectors, and high-spec computers for specialist learning areas (e.g. Media Studies, Music, Art Design, Architect and Product Design).
- Our school has contracted management of our ICT network to New Era IT who ensure the day-to-day operation of our network, including wifi. They also provide an internet filter to keep students safe from adult/mature content, illegal or unethical websites and malicious or phishing websites which pose a security risk to the school.
- Students are not able to access the majority of social media applications through the school network. This includes, but is not limited to, apps such as Snapchat, Instagram and Facebook. They may still have access to these using data on their own devices.
- Students and parents all agree to abide by our school's rules around safe and appropriate use of digital technologies at school. This "[Agreement for Responsible use of ICT at Cashmere High School](#)" is available on our school website.
- It is vital that students learn to become safe users of digital technology (i.e. become good digital citizens). This is supported by: all Year 9 students having lessons in digital citizenship and teachers within all classes encouraging and monitoring safe and appropriate use of the technology.

What is our advice for outside school?

The first, and most important, strategy is for families to have open and honest conversations around what is accepted use. Supporting our young people to become self-managing and make responsible choices, based on strong values, is critical from a young age. How parents role model these is also important.

Reducing screen time during bed time - teenagers need sleep for healthy physical and mental development. Putting technology away at bedtime is a common approach many families take (e.g. all cell phones left to charge in the kitchen overnight).

If you would like advice on how to address or monitor your child's use of social media we strongly recommend that you visit this website:

Netsafe Parenting Advice page: (<https://www.netsafe.org.nz/advice/parenting/>).

Suggestions of other technical things parents may wish to investigate further:

- **Check Internet History:** In Google Chrome you can press CTRL + H to open the Browser history (similar pathways on other search engines).
(Mobile devices are more tricky as each app has its own form of history)
- **Wifi Settings:** Have scheduled times for internet use (set up of this can differ between Internet companies. Support website links are below for Spark and Vodafone.
Spark: <https://www.spark.co.nz/help/internet-data/manage/all-about-wifi-at-home/setting-up-your-home-wifi/>
Vodafone: <http://www.vodafone.co.nz/help/broadband-and-tv/modem-support/>
- Parents can turn wifi off at the wall when they go to bed or at a time decided for the family. If negative behaviour over wifi continues, changing the wifi password may help.
- **Outside Support:** Have a company such as 'Geeks on Wheels' assist your family.
- **Parental control** - Consider options for parental control software:
<https://www.qustodio.com/en/family/how-it-works/>
Review of above software: <http://au.pcmag.com/qustodio-parental-control-2015/26969/review/qustodio-parental-control-2015>

Please note: *If the school chooses to allow websites associated with specific organisations but the parents wish to block them, they can be blocked for an individual student. If parents allow websites relating to specific organisations but the school blocks them, the pages will be blocked at school but not at home.*

If you have any questions please feel free to contact your child's Head of School.