Digital Impact Parent Discussion Guide

This sheet is intended to help you have a discussion with your child about cyberbullying and online interaction. Below, we have suggested topics you can discuss with your child. The following discussion points are important and often difficult topics to broach. The intention is to show both bullying and its solutions can happen in the school environment and the adult world. Each topic below should be discussed by both your child AND yourself.

Talk about bullying that you have seen at your school/your workplace (past or present).
(e.g. Bring up an example you have seen or heard about at your workplace in order to show that bullying can happen to anyone, no matter their age or gender.)

How could you respond if someone you knew (at school/work) was being bullied?
(e.g. Report bullying if you see it, offer your support for those who are being bullied, etc.)

Why might someone post pictures of themselves (school-age/adult)?
(i.e. To please friends or partners, to get approval from friends and strangers, to make friends and strangers jealous of their lifestyle, to share what is happening in their life with friends, etc.)

Both describe what you think an inappropriate picture is. Are there any differences?

Take one post or comment from both of you on social media. Compare the two. Ask if they would post the same messages to a teacher, parent or someone they knew well. Would they say the same thing if they were face to face with someone? Why/Why not?

What do you (student) think could go wrong if someone asked you to send a provocative picture? What are your options? Can you prevent or minimise what could go wrong?
(e.g. It might get passed on to people it was not intended for (friends, parents, teachers and strangers), there might be legal implications, you could choose not to send the picture, or discuss some rules with your partner, etc.)

What would you do to help someone who is being bullied at school/work?
(e.g. Report it, talk to the person being bullied, talk to the bully, etc.)

What would you do if someone was cyberbullying you (at school/work)?
(If possible, bring up how bullying is handled at your workplace (with reference to the HR department) to show that there are often official processes and procedures to handle bullying.)

What do you (student and parent) think you can do to be a better digital citizen?
(e.g. Report bullying if you see it, offer your support for those who are being bullied, think about how other people might feel about the comments you make, think about what might happen if your comment went viral, etc.)

If you are unsure about any of the information contained in this document or want to know more, check the resources section of the **Optus Digital Thumbprint** website:
http://www.digitalthumbprint.com.au/resources/

OPTUS PARTNERSHIPS

Optus Digital Thumbprint

kidshelpline
Anytime | Any Reason

If you need more help or information contact Kids Helpline.

☎ 1800 55 1800
🌐 kidshelpline.com.au

Australian Government

Office of the eSafety Commissioner

For more resources and information, visit the Office of the eSafety Commissioner website.

🌐 esafety.gov.au

DQ World™

If you also have younger children, DQ World is designed for ages 8 - 12 and teaches 8 digital citizenship skills.

🌐 dqworld.net