Session Information Overview

The following document contains information about the standard sessions run by the ySafe by Linewize team including:

- A brief overview
- Key themes discussed
- Australian Curriculum Links

ySafe sessions go beyond the standard cyber safety discussion points and utilise case studies, scenarios and activities to explore ways to navigate the online environment. We also cover important social and emotional considerations with strategies for a balanced and healthy online experience. Our sessions are designed to be delivered in a face to face setting with student sessions being delivered as per the following year group pairings:

This grouping is to enable the content to be tailored to the individual trends and challenges being experienced by the students of these age groups.

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Year K-2 Students

Get ready for an engaging and educational session specially crafted for stage 1 children. During this session we embark on an exciting learning experience that combines storytelling and interactive activities, focusing on the fascinating online world and its interconnected nature.

Throughout the session, students will discover the challenges, risks, and incredible benefits of using technology in their everyday lives. With a strengths based pro technology ethos, we explore the concept of personal private information, identify what it is, and emphasise the importance and ways to safeguard it. Students will also learn how to identify safe and trusted adults, as well as develop helpful and realistic strategies to seek help when needed.

The key themes of this session are:

1. **Safe People & Places**: We will discuss the significance of surrounding ourselves with trustworthy individuals to help create a safe online environment. Students will learn about the importance of seeking guidance from responsible adults who can help them navigate the digital world safely.
2. **Personal Private Information**: Students will understand the concept of personal private information and why it is essential to keep it safe. We will explore different types of personal information and discuss strategies for protecting it from potential risks.
3. **Help-Seeking Behaviours**: We will empower students to develop the skills and confidence to seek help when encountering challenging situations online. Students will learn about the appropriate and diverse channels and resources available to them, ensuring they can navigate the digital landscape with support.

ySafe's captivating K-2 online safety journey equips students with the knowledge and tools to navigate the digital world safely and responsibly. Our engaging activities and discussions will foster safe and informed digital practices, and enable a foundational learning experience for young students that will assist them in making informed decisions, while understanding the positive aspects and benefits of technology.

Australian Curriculum Links (v9):
- Health & Physical Education (Years 1 & 2): identify and demonstrate protective behaviours and help-seeking strategies they can use to help them and others stay safe (AC9HP2P05)
- Digital Technologies (Years 1 & 2): use the basic features of common digital tools to share content and collaborate demonstrating agreed behaviours, guided by trusted adults (AC9TDI2P05)

Year 3-4 Students

This exciting and interactive cyber safe adventure combines popular games and platforms kids love to use, and leverages them to deliver important online safety messages. We've purposely crafted a game-based approach in this session that keeps students engaged and entertained, while equipping them with practical strategies they can apply to their real-world online experiences.

During this session, we'll explore key themes such as personal private information and chatting safely online, with a strong emphasis on the importance of help-seeking behaviours and development of strong support systems. In this session, students will gain the foundational knowledge they need to ensure their online interactions are safe, fun and positive.

Let's take a closer look at the key themes we'll be discussing:
1. **Private, Personal Information:** We'll uncover the secrets of protecting personal private information, such as the development of safe usernames, passwords, and securing personal details. Students will learn practical tips and strategies to keep their information safe while enjoying their favourite games and platforms.
2. **Chatting Safely:** Through interactive activities, we'll navigate the world of online chat and messaging, focusing on essential safety practices. Students will discover the importance of thoughtful communication, respectful behaviour, and being mindful of sharing personal information while chatting with others.
3. **Seeking help from trusted sources:** Empowering students with the confidence to seek help when needed is crucial. We'll emphasise the importance of reaching out to trusted adults or reporting concerns if they encounter any uncomfortable or inappropriate situations online. Students will learn how to identify the appropriate channels and resources available to them for assistance.

This dynamic session is truly where learning meets fun for students! By incorporating the games and platforms that students actually use and enjoy, we create a targeted educational environment for students where they engage with the knowledge and skills they need to navigate the digital world safely. We empower them to make wise choices, protect their personal information, and engage in positive online conversations that keep them safe.

Australian Curriculum Links (v9):
- Health & Physical Education (Years 3 & 4): describe and apply protective behaviours and help-seeking strategies in a range of online and offline situations (AC9HP4P08)
- Digital Technologies (Years 3 & 4): identify what personal data is stored and shared in their online accounts and discuss any associated risks (AC9TDI4P09)

Year 5-6 Students

Through the use of real-world stories and interactive role play, we create a safe and inclusive environment for students to explore key themes such as cyberbullying, social exclusion, and the power of bystanders in contributing to positive online safety resolutions. By focusing on and fostering empathy and empowerment, students will learn the influence they have and the importance of standing up against cyberbullying and becoming active allies in creating safer online communities.

This session also delves into the realm of social media and games, focusing on harm minimisation strategies to place safety front and centre as a critical part of participation on these platforms. Students will explore effective methods for managing privacy settings, engaging in responsible online communication, and maintaining healthy digital relationships and boundaries.

Understanding the impact of our digital footprint and reputation is crucial, so this session also deep dives into the unexpected consequences of content posting, and through situational analysis, students will assess the potential risks associated with their online activities, empowering them to make informed decisions that actively shape their digital identities.

Join us as we explore the following key themes in this session:
1. **Cyberbullying & Bystander Empowerment**: By examining real-life scenarios, students will develop a deep understanding of the impact of cyberbullying. We will empower them to become proactive bystanders, capable of taking a stand against harmful online behaviour and fostering a culture of kindness and respect.
2. **Safety on Social Media and Games:** Students will learn practical strategies for staying safe while using social media and engaging with online games. We will explore topics such as privacy settings, responsible sharing, and fostering positive online communities.
3. **Digital Footprints & Fake Accounts:** Students will uncover the long-term consequences of their digital actions and the importance of creating a positive digital footprint. Through engaging activities, they will develop the skills to manage their online presence, making informed choices that shape their digital identities for the better.

This session celebrates the incredible possibilities of the digital world while equipping students with the knowledge and tools to navigate it safely and responsibly. By embracing a strengths-based approach, we empower students to become digital leaders who champion online safety, foster inclusive communities, and make a positive impact on the digital landscape.

Australian Curriculum Links (v9):
- Health & Physical Education (Years 5 & 6): apply strategies to manage emotions and analyse how emotional responses influence interactions (AC9HP6P06)
- Health & Physical Education (Years 5 & 6): analyse and rehearse protective behaviours and help-seeking strategies that can be used in a range of online and offline situations (AC9HP6P08)
- Health & Physical Education (Years 5 & 6): analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities (AC9HP6P10)
- Digital Technologies (Years 5 & 6): explain the creation and permanence of their digital footprint and consider privacy when collecting user data (AC9TDI6P10)

Year 7-8 Students

Prepare for online safety education delivered differently. This groundbreaking session goes beyond the standard discussions most online safety educators deliver, and delves deeply into the intricate behaviours and complexities faced by teens in online environments. Utilising compelling case studies and thought-provoking scenarios, we navigate the world of online conflicts, address social exclusion, and help students understand the power of bystander behaviour. Students will gain unique insights and practical strategies to address these challenges head-on, but that's not all—this session tackles the all important social and emotional considerations in the way ySafe is known and loved for!

We also shed light on topics like sexting and Image-based abuse, conversations around consent and provide a comprehensive understanding of legal implications of our online activities, empowering students to make informed choices through practical and realistic strategies. We also explore strategies for online wellbeing, managing screen time, and prioritising mental and emotional health.

ySafe secondary sessions redefine the online safety narrative, delivering critical information with impactful language and messaging that students love.

This session targets:
1. **Managing Toxic Online Behaviours & Online Conflic**t: By delving into real-world scenarios, we empower students with the tools to combat cyberbullying and navigate online conflicts effectively. They will learn strategies to promote empathy, build resilience, and foster positive relationships within their digital communities.
2. **Sexting & the Law**: We will engage in open and honest discussions about the sensitive topic of sexting. Students will gain a comprehensive understanding of the legal implications, explore the importance of consent, and learn how to protect themselves and others online and off.
3. **Developing Digital Wellbeing:** We will explore techniques to optimise online wellbeing, helping students strike a healthy balance between their digital lives and offline experiences.

This is a dynamic and transformative experience that challenges the norms and delivers impactful insights tailored to the unique needs of today's digital generation.

Australian Curriculum Links (v9):
- Health & Physical Education (Years 7 & 8): examine the roles of respect, empathy, power and coercion in developing respectful relationships (AC9HP8P04)
- Health & Physical Education (Years 7 & 8): analyse factors that influence emotional responses and devise strategies to self-manage emotions (AC9HP8P06)
- Health & Physical Education (Years 7 & 8): explain and apply skills and strategies to communicate assertively and respectfully when seeking, giving or denying consent (AC9HP8P07)
- Health & Physical Education (Years 7 & 8): refine protective behaviours and evaluate community resources to seek help for themselves and others (AC9HP8P08)
- Health & Physical Education (Years 7 & 8): plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing (AC9HP8P10)

Year 9-10 Students

In the ever-evolving digital landscape, toxic online behaviours and conflict management pose challenges that students frequently encounter. In this session, we embrace a respectful approach that recognizes the knowledge students already possess and respects their agency in navigating online interactions.

With our pro-technology ethos, we empower students to understand and manage their emotions towards others in healthy and constructive ways. We provide them with proactive strategies to assess risks and potential outcomes before engaging in online conversations or actions, and by fostering digital empathy, and a social emotional focus, we help students focus on critical thinking to solve problems and develop the tools to navigate online conflicts effectively.

We also tackle the important topic of respectful relationships, image-based abuse and consent, exploring its impact on both our online and offline interactions. Recognising that online behaviour significantly shapes our "personal brand," we discuss both positive and negative case studies to highlight the power of our decisions on our digital presence. Students will gain strategies to protect their privacy, optimise their online reputation, and make responsible choices that align with their values. Throughout the session, we maintain a non-judgmental and inclusive environment, valuing each student's unique experiences and perspectives.

Key themes discussed in this engaging session include:
1. **Managing Online Conflict:** Students will explore strategies for effectively managing online conflicts, emphasising respectful communication, empathy, and conflict resolution skills. They will gain a deeper understanding of the impact their words and actions can have on others and learn how to navigate disagreements in a constructive manner.
2. **Respectful Relationships:** We emphasise the importance of cultivating respectful relationships in the digital realm. Students will explore the qualities of healthy online interactions, understanding boundaries, consent, and the value of empathy and active listening. By fostering positive relationships, students can contribute to a safer and more inclusive online community.
3. **Digital Footprint**: We delve into the concept of a digital footprint, helping students understand how their online actions shape their online presence and personal brand. Through case studies and real-life examples, students will learn strategies to protect their privacy, maintain a positive digital reputation, and make responsible choices that align with their values.

This is a session that empowers and respects students' existing knowledge and values their agency in the digital world, but guides and supports them with tailored knowledge to support their digital wellbeing.

Australian Curriculum Links (v9):
- Health & Physical Education (Years 9 & 10): evaluate the influence of respect, empathy, power and coercion on establishing and maintaining respectful relationships (AC9HP10P04)
- Health & Physical Education (Years 9 & 10): evaluate emotional responses in different situations to refine strategies for managing emotions (AC9HP10P06)
- Health & Physical Education (Years 9 & 10): examine how strategies, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs can support the development of respectful relationships, including sexual relationships (AC9HP10P07)
- English (Years 9 & 10): recognise how language empowers relationships and roles (AC9E9LA01)

Year 11-12 Students

This session acknowledges and celebrates the valuable lived experiences and knowledge that upper secondary students bring to the table at this crucial stage of their lives. Our objective is to empower students to develop mastery in navigating the ever-evolving digital landscape, and capitalise on the abundant opportunities it presents for their future endeavours.

Through captivating real-life case studies, we shed light on the intricate connection between online activities, personal brand, and future employability. Students will delve into the profound impact their online presence can have on their professional prospects, while gaining practical strategies to amplify their personal brand. Equipped with this mastery mindset, students will be empowered to make informed choices and construct a positive online image that aligns seamlessly with their desired career paths.

Our exploration also extends to critical topics such as sexting and image-based abuse laws, encompassing the implications for both the 18+ and under 18 age groups. Within a safe and inclusive environment, we foster open discussions surrounding consent and the potential risks entwined with online interactions. Through engaging scenario and activity analyses, students will apply their knowledge and experience to real-world contexts and emerging trends such as deepfakes and AI, emerging with the confidence and knowledge necessary to navigate these challenges adeptly.

Additionally, we delve into the realm of online wellbeing, exploring the profound influence of persuasive technology and the attention economy on our behaviours. Students will gain profound insights into the effects of mobile devices and social media on their productivity and overall well-being. They will be equipped with pragmatic self-regulation techniques to establish a healthy relationship with technology, enabling them to flourish academically and personally.

The key themes explored within this transformative session encompass:
1. **Digital Footprint & Employability**: Students will grasp the profound significance of their online presence in shaping their future professional trajectories. By mastering strategies to enhance their personal brand, students will be capable of showcasing their unique strengths and values to prospective employers.
2. **Respectful Relationships and Connecting Safely:** Through open dialogues and dynamic discussions, we will instil in students the importance of fostering respectful relationships within the digital sphere. Equipped with the necessary tools and knowledge to navigate online interactions safely, students will develop the skills needed to foster responsible and secure connections.
3. **Online Wellbeing and Self-Regulation**: Students will embark on a journey to understand the profound impact of persuasive technology and the attention economy on their overall well-being. They will acquire a repertoire of strategies to establish a healthy balance with technology, optimising their productivity and promoting holistic digital well-being.

This empowering and activity focused session empowers students to step up their ability in navigating the digital world with confidence, resilience, and an unwavering focus on their future success.

Parent Education
Empowering Parents in the Digital Age
Aligned Messaging, Capacity Building, and Safer Online Environments

This informative and practical parent education session is designed to address the complexities of parenting in the digital age. We understand the importance of aligned messaging between children, parents, and schools when it comes to online safety, and this session equips parents with the knowledge and tools to confidently walk alongside their children in their online safety journey.

In a world filled with fear-based approaches to online safety management, we offer a different perspective—one that focuses on capacity building and fostering a positive digital environment. Our goal is to empower parents who may feel disempowered or overwhelmed by the challenges of navigating the online world with their children.

With real-world and relevant information at the forefront, our sessions provide parents with realistic and digestible insights into popular social media platforms. We delve into strategies for managing cyberbullying, offering practical steps to address and prevent such incidents, and constructive ways to work in partnership with their child school.

Key Topics Covered:
- Youth based behavioural Insights on popular social media platforms
- Managing cyberbullying & toxic online behaviours and legalities
- Screen time recommendations and current research
- Practical & realistic steps for setting up a cyber-safe home

This fun session empowers parents to navigate the digital world alongside their children, fostering a safer and more enjoyable online experience for the whole family.

Parents receive access to the ySafe by Linewize Online Safety Hub for further personalised learning & development.

Staff Professional Development
Streamlined Staff Professional Development
Informative, Empowering, Time-Efficient

We understand that staff, like parents, often feel overwhelmed and time-poor. That's why our staff professional development sessions are specifically designed to provide the right information for the right people at the right time. We aim to set the record straight and equip staff with the essential skills and knowledge they need to navigate the ever-changing online world.

Our research-based sessions deliver digestible and enriching information that helps staff effectively engage with the digital landscape in which their students participate. We recognize that creating a safe and inclusive learning environment now extends beyond the physical space and into the online realm.

During this on-demand session, we explore current best practices in cyber safety management, covering whole school initiatives as well as practical activities for the classroom. We provide participants with a snapshot of the digital contexts in which contemporary students engage, highlighting associated risks and equipping staff with realistic strategies to promote safe and productive technology use.

Key Topics Covered:
- Current research on cyber bullying management
- Behavioural Insights into popular social media platforms
- Overview of online safety risks and developmental impacts
- Strategies for implementing and teaching online safety in the classroom
- Guidance on managing online safety incidents

Following the session, staff gain exclusive access to the ySafe by Linewize Online Safety Hub which hosts a variety of materials, including lesson plans, online safety management frameworks, and information on reporting online content. We understand that having readily available resources saves time and empowers staff to take immediate action in promoting online safety.

This instructive and time-efficient staff professional development session will equip you with the skills and knowledge you need to navigate the digital world alongside your students. Together, let's create a safe and supportive online environment that fosters positive and productive learning experiences.