

Engaging with the Y Online

A guide for Parents and Caregivers

We believe in the power of inspired young people. For young people to be inspired they must feel safe and be safe.

The Online world can be a scary place, and whilst we make sure that Y People are equipped to keep your Children and Young People safe during our programs, there are a few things Parents and Caregivers should consider whilst they are online.

Get to know Y People

Taking some time to meet and greet with Y People during our sessions allows for open conversations about how your Child or Young Person is interacting with others.

It takes a village and these conversations help you to identify when your Child or Young Person may be having negative experiences online.

Speak with them after each session

Have open conversations about who they're talking to online – inside and outside of Y Programs

Consider joining your Children and Young People when they're online

It's important to share your children's and Young People's interests.

When online, this also gives you a chance to experience our sessions so that you can speak with your Child or Young Person about what they have learnt, what they have enjoyed and if there is anything that they did not enjoy.

Consider Parental Controls

Parental Controls help you to monitor and limit what your child or young person sees online. But speak with them and let them know why you have applied them. It's important that they understand that you haven't applied them because you are trying to stop their fun.

Read the Y's eCommitment

The Y has written up a commitment to let you know what to expect from us.

It includes Do's and Don'ts when we welcome your Children and Young People into our online programs. Find the eCommitment by clicking here or visiting

<https://ymca.org.au/wp-content/uploads/2021/09/Y-Safeguarding-eCommitment.pdf>

If you have a concern about the behaviour of a Y Person, please visit our reporting page by using the QR code in the yellow box below.

Consider limiting how long they can spend alone online

When your children and Young People use their devices in shared family rooms, you can monitor and manage who they engage with online.

You can also help to make sense of it all with them.

Set Time Limits

Help them to maintain a balance between online activities and offline time.

Keep an eye on new apps and platforms

To keep your Children and Young People safe online, it is important to keep on top of new apps and platforms.

Visit the eSafety Commissioner's eSafety Guide to find out more:

<https://www.esafety.gov.au/key-issues/esafety-guide>

If you see, hear or feel something that worries you, tell someone

If something happens online that concerns you or your child, please let us know.

Click here or use the QR code in the yellow box to visit our Safeguarding Reporting Page where you'll find the contact details of our local Safeguarding Leads or a form to let Y Safeguarding know about your experiences.

