

Dear Parents and Guardians

Cyber-safety

As you may have observed in the media, Kambrya College has recently been named on a website that refers to child pornography. We are amongst 70 or more other schools across the nation to be named. However, to the best of our knowledge, none of our current students are implicated in this matter. We are aware that a former student who graduated some years ago made a comment on the website thread and named our school. No other comments or concerns regarding our students have been reported. We have liaised with the Department of Education and Victoria Police regarding this matter, and our investigations indicate that this is the extent of our involvement. On Thursday we ran assemblies with all students and provided clarity regarding this. Furthermore, we have clearly reiterated to all students that, as always, they must be very cautious regarding their online activities. We encourage all parents/guardians to discuss the importance of cyber-safety and responsible/ethical online activity with their children. Further resources regarding tips for being Cyber-safe can be found at www.esafety.gov.au. Parents and students are invited to contact us should you require any further information or support. Some further advice is also below, should your child experience any distress.

Michael Muscat
Principal

Key Dates

Monday 15th August
Professional Learning Day
STUDENT FREE DAY

Wednesday 7th September
Parent Teacher Conferences
STUDENT FREE DAY

Friday 9th - Friday 23rd September
Japan Cultural Trip

Monday 12th - Friday 16th September
Year 8 Tassie Camp

Friday 16th September
Last Day of Term 3
Early Dismissal: 2.30pm

Monday 3rd October
First Day of Term 4

Friday 14th October
Evening of Excellence

Tuesday 1st November
Melbourne Cup Public Holiday

Thursday 3rd - Friday 4th November
Year 7 to 11 Examinations

Monday 7th November
Exam Correction and Report Writing Day
STUDENT FREE DAY

Friday 11th November
Year 12 Valedictory

SUPPORTING YOUR CHILD FOLLOWING A DISTRESSING INCIDENT

For Parents and Carers

**THIS RESOURCE HAS BEEN DEVELOPED TO PROVIDE YOU WITH
INFORMATION AND SUGGESTED WAYS TO HELP YOUR CHILD
FOLLOWING A DISTRESSING INCIDENT.**

When a young person finds out information about an alleged incident involving incidents of concern online that may have violated their privacy and integrity, learning about this can be quite distressing for them. It is often unclear as to the types of reactions young people might have. There is no 'typical' reaction as every young person will respond differently.

Young people may experience a range of reactions, but over time they are likely to return to their level of functioning evidenced prior to the incident.

However, there may be a number of young people who could continue to experience difficulties for some time and therefore it is important to seek support from a professional who can assist your child to work through their feelings and emotions.

You are an important support to your child, but firstly you need to be aware of how you are coping and attend to meeting your own needs so you can be available to support your child. You may want to seek some professional support to help you manage your emotions and feelings.

Specialised supports available for you include:

- Student Support Service Officers in your school
- Your General Practitioner (GP)
- Parentline – 132289
- Headspace www.headspace.org.au
- Office of the Child eSafety Commission www.esafety.gov.au
- Australian Federal Police www.afp.gov.au

Counselling support offers you a safe place to talk about and explore your concerns, emotions and feelings.

It will be difficult for you to provide support to your child until you have strategies in place to manage your own emotions and feelings.

Common reactions young people may exhibit include:

- Shocked
- Asking questions about the incident
- Withdrawing and not wanting to talk
- Change in friendship groups, or socialising
- Physical reactions such as feeling sick, headaches
- Having difficulty concentrating
- Angry and/or agitated
- Tearful or crying
- Change in sleeping patterns
- Change in appetite

HOW YOU CAN HELP YOUR CHILD

Suggestions that can help you communicate with your child

It is not uncommon for adolescents to be reluctant to talk about or engage in a difficult conversation

Explaining what has happened

- Ask your child about what has happened, explain that it can be difficult understanding what has happened, acknowledge that you don't know if you do not have an answer to a question your child asks.
- It is okay to be honest with your child and let them know that sometimes we don't have the answer to questions in relation to a particular incident.

Supporting and caring

- Young people will look to trusted adults such as parents/carers or peers for comfort when they are upset and they will also be guided by adult reactions. Try to be calm and answer questions truthfully.
- Reassure your child you care about them and will be there for them. Give your child a hug.

Listen to your child

- Listen to what your child is saying, be guided by what they are asking you/telling you. If your child expresses feelings and emotions such as anger, fear and/or sadness, acknowledge that it is okay to feel like this. Talk about appropriate ways of expressing feelings such as anger.
- Your child may not want to talk about the incident or may not be able to express how they are feeling. Sometimes young people express their feelings and emotions through their behaviour. Take notice of any behaviour changes and you may want to discuss any concerns with a professional.

Suggested ways to provide a sensitive and supportive environment for your child

- Try to stick to your child's normal routine – young people like predictability and consistency.
- Encourage your child's usual activities – physical activities, sporting events, catching up with friends.
- Encourage problem solving – talk to your child about solving a problem using a basic problem solving method – identify the problem, come up with ideas about how they might solve the problem, have your child choose the best one from the list of ways they might solve the problem, have your child try out their chosen way of solving the problem, talk about whether it worked or not.
- If the solution did not work go back to the list and have them choose another way of solving the problem and repeat the last two steps.
- Stay calm – Be aware of having conversations with others about the incident in front of your child – conversations can be misinterpreted.
- Monitor social media – sit with your child if they choose to watch or listen to media reports about the incident. Seek advice or support about how you might behave safely online and what to do when you see something distressing online. Police urge people to be aware when posting and sharing photos on social media as they can spread quickly and sometimes be impossible to remove.
- It is considered to be unhelpful to remove your child's access to social media
- Supportive people – Talk to your child about who they feel can support them at home and at school.
- Health and Wellbeing – being mindful of healthy eating and family time. Spend time together, reinforcing that you are there to support them.

If you are concerned about your child's behaviour, it can be helpful to make an appointment to discuss this with the school's Principal.

UNDERSTANDING YOUR REACTIONS

For Young People

This resource has been developed to provide you with some suggestions for understanding possible reactions you may have and how to manage reactions after receiving information about alleged inappropriate behaviour online that you may have found distressing.

Young people are sometimes exposed to distressing information about alleged incidents that may have violated their privacy and integrity. It is important for you to know that there are people available who can support you, help you to manage your reactions, help you to understand what has happened and to help you work through any feelings associated with the alleged incidents.

It is important for you to know that young people have a unique response to stressful events. There is no 'one way' to respond to something you have found upsetting and/or distressing.

There are a number of reactions a stressful situation can evoke and it can be helpful to talk to a trusted adult.

Typical reactions to a distressing incident include:

- Feeling angry
- Shocked
- Feeling anxious, fearful or guilty
- Distressed, tearful
- Difficulty concentrating
- Trouble sleeping
- Feeling physically sick, headaches

These reactions are normal reactions and these usually subside after a while. If however you find that you are still experiencing any of these reactions after some time, it may be worthwhile seeking some professional support.

Suggestions for helping you manage your reactions include:

- Talk to a trusted adult about how you are feeling
- Spend time with people who care about you
- Try to keep to your normal routine

- Continue to engage in your normal activities such as exercise, sport etc
- Continue to do the things that you enjoy such as social activities
- Express your feelings

Supports available to you include:

- School – The school has counselling available over the coming weeks to support you. If you would like to see someone through the school please see ----- so that an appointment can be made for you.
- Online support is available to you, including:
 - Kids helpline Ph.: 1800 551 800
 - www.esafety.gov.au