

Safety Online and Respectful Relationships Program (SOARR)

Age: 11 - 15

The SOARR program is designed for students aged 11 to 15 years as they begin to explore unfamiliar online content and establish connections with individuals through online platforms. The primary objective is to empower young individuals with the knowledge and skills necessary to comprehend their digital footprint and navigate the online world securely and respectfully. SOARR addresses a wide range of challenges young people encounter regularly online, offering them guidance on where to seek assistance when needed. Emphasis is placed on cultivating respectful online relationships, safeguarding one's personal safety and ensuring the safety of others in the digital age. Additionally, the program educates young participants about current legislation pertaining to online activities, with a specific focus on fostering safe and responsible engagement with online content.

Key Topics:

- Online Safety
- Cyberbullying
- Online Grooming
- Sexting
- Social Media
- Digital Footprint
- Pornography

Tips for Parents:

- Conversation about staying safe should be ongoing.
- It's much better to have little conversations more often, than one big talk.
- This will help you to reinforce key points and to adapt the message as your child gets older.
- Once you're ready to talk, you might find your child isn't. That's OK. The most important thing is to not force the issue, but ensure your child knows they can talk to you.
- Weaving simple conversations about staying safe into daily routines is a great way to stop it sounding like a lecture, making it feel easier for you too.

Resources:

Kids Helpline 1800 551 880

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for people aged 5 to 25.

Safe Steps 1800 015 188

Victoria's 24/7 family violence response centre.

Parentline Victoria 13 22 89

Parentline is a telephone counselling and support service for all Victorian parents and carers of children from 0-18 years.

SECASA

For information on our Primary Prevention Programs please email: SECASA_Schools_Program@monashhealth.org

If you would like to make a referral for counselling at SECASA please contact us on: 9928 8741.

The Carly Ryan Foundation

<https://www.carlyryanfoundation.com/resources/fact-sheets>
APP Fact Sheets advising on how they work, age ratings and challenges (eg Snapchat, Tik Tok, Roblox, Fortnite).