



RiwakaNews

#11 - 20 September 2024

Kia ora e te whānau

We want our school and our community to be a safe place for all children. Our tamariki are growing up in rapidly changing times, and the risk, frequency and severity of online harm are increasing. We need to tackle this as a community.

As such, we have organised Filmmaker, Author and Speaker Rob Cope, Producer of the documentary "Our Kids Online" to present what promises to be a humorous and eye-opening evening talk to our parent community.

His talk will cover:

- **Cyberbullying** - How bullies can reach our kids 24/7
- **Social media** - How social media is affecting the mental health in 3 out of 5 children. FOMO, depression, anxiety
- **Gaming and the developing brain** - An oversupply of dopamine leading to dopamine deficiency, synaptic pruning, and the underdevelopment of social skills and empathy
- **Naked Selfies** - The pressure to send nudes from intermediate up through high school
- **Online predators** - The methods they use, how to spot them
- **Online porn vs healthy sexuality** - How consuming online pornography as a child or teen can create a sexual template where violence, aggression, and dominance are seen as normal and consent can become very blurry.

[**PREVIEW HERE**](#)

Solutions

- **Filters** - Which filters are best and how to install them
- **Smartphones** - How to lock down a smartphone to make it a safe phone
- **Boundaries** - How to put good boundaries in place around device use
- **3 golden rules** - The 3 golden rules that will keep your kids safe
- **Talking to your kids** - How to have difficult conversations with your kids
- **Challenging our own phone and device usage** - Reconnecting as a family.

**Riwaka School
SPECIAL
EVENT**

The talk will be held here at school on the advertised dates and times. Light snacks will be available. Please note this talk is for **adults only** and is not suitable for children or teens to attend.

We request that at least one representative from each family attend one of the sessions offered, and hope you are able to prioritise this within your busy lives. This topic is too big for us not to pay attention.

"We have now reached the point where it is irresponsible of us as parents, teachers, health professionals, and policymakers to continue to put these devices, which are designed to elicit addictive-like qualities, in our kids' hands and then expect them to be accountable for their own wellbeing." Dr Samantha Marsh - University of Auckland Faculty of Medical and Health Sciences, July 2023

Included in your ticket is a one-year complimentary subscription to "Parenting in an Online World 101" from Rob and team at Our Kids Online. This is a cybersafety parenting course, designed specifically for NZ families. It usually costs \$99 per family. So show up and get it for free! Course details can be found here [Parenting in an Online World 101](#)

Please sign up here to RSVP following the link on the next page.

"We need to tackle this as a community so that all of our kids are safe. When I protected my kids online, I also protected yours, so please, please protect your kids online so that you are also protecting mine" - Rob Cope

Warm regards - I look forward to seeing you there!

Adele Lidgard - Tumuki



OUR KIDS ONLINE

[Register Here](#)

Riwaka School presents:
The Ultimate Parents Guide to...
Understanding our kids **Online World** and how to keep them safe.

Cyberbullying
Social Media
Gaming
Online Predators
Online Porn
Smartphones
Filters
Boundaries

Come and hear Filmmaker & Author Rob Cope in what promises to be a hilarious, straight talking Parent to Parent talk
Watch the promotional video here - [Our.Kids.Online.Parent.Evening.](#)

THURSDAY 17TH OCTOBER 2024 | 7PM - 9PM
20 SCHOOL ROAD, RIWAKA

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TUESDAY 22ND OCTOBER 2024
9AM - 11AM & 7PM - 9PM
20 SCHOOL ROAD, RIWAKA