

National Day of Action against Bullying 2019

Bouncing back from online bullying

Strategies for building digital resilience



Join us in our virtual classroom!

Greg Gebhart from the Office of the eSafety Commissioner will present a 40-minute presentation exploring digital resilience skills, including building supportive peer relationships and ways to balance time online, as well as identifying helpful resources.



Audience: Years 4 - 6 students

Dates: Tuesday 19 March at **11:30 am** or
Thursday 21 March at **9:30 am** (repeated)

Location: Online via Adobe Connect. The URL to access this event will be emailed to participating schools 2 days prior to the event.

Registration: is via the [Aurora College school website](http://www.aurora.nsw.edu.au). Go to the 'Events' tab and select 'eSafety Classes' on the Aurora website <http://www.aurora.nsw.edu.au/>

Teachers register using their DoE email address only. Registration closes on Friday 15 March 2019.

Lesson content

This session is designed to empower students to build personal skills to help them recover from negative online experiences. At the end of the session, students will pledge to use these digital resilience strategies to help themselves and others.

This presentation will address outcomes from the new NSW PDHPE syllabus, including:

- investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others (PD3-2)
- demonstrates a range of interpersonal skills that build and enhance relationships and promote inclusion in various situations (PD2-10).

It will also address general capabilities for Information and Communication Technology, and Civics and Citizenship, including:

- explore ways to maximise their own and others' safety in a digital environment
- examine the implications of ICT in establishing and maintaining respectful relationships.
- explore safe upstander and pro-social behaviours in relation to addressing bullying and forms of discrimination in various social and online environments.

Please allow 1hr (including setup, 40min presentation and wrap-up) for the presentation.

Supervision of students

Duty of care for students throughout the session remains with the registered schools and their respective teachers. Please ensure adequate supervision is provided during the lesson. We look forward to your participation.

Further information

If you have any questions or require further information, please contact:

Sharleen Mulawin
Rel. Head Teacher, Teaching and Learning
Email: sharleen.mulawin@det.nsw.edu.au
Ph: 1300 287 629

Setting up for the virtual class

The sessions will be held via Adobe Connect, which is a web-based application. Please ensure there is only one connection per ticket, with maximum connections of 2 per school.

The presentation can be displayed on a data projector through any computer with an Ethernet cable and speakers. You will require:

- Computer connected to the internet via an **Ethernet cable**
- Speakers, for sound
- Data projector, SMART Board, or similar, to display the presentation from the computer.

The information below will help with setting up if you are not familiar with **Adobe Connect**.

- You will need to perform all necessary setup in advance of your online session so that you have time to resolve any connection or access issues. The Adobe Connect room will be open 30 minutes prior to the scheduled start to allow time for set up.
- Test your computer prior to accessing your online room by going to the [Meeting Connection Diagnostic](#). Ensure you install any add-ins, if prompted to do so by the connection test.
- The following guide may also be useful [Quick Start Guide for Participants](#).

Further opportunities

For information on resources from the Office of the eSafety Commissioner, go to the [eSafety website](#).

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