



E-Safety Information for Parents

The College supports a range of tracking and classroom management tools to keep your child safe at school whilst learning online. The College is here to support, and we have compiled some advice and additional resources below:

1. Where possible, students should work on their laptop in supervised areas.
2. Students can install self control and focus time applications, such as:
 - ✓ Cold Turkey: Free version allows students to temporarily block social media and distracting sites.
 - Website: <https://getcoldturkey.com>
 - What we like: It is free and allows students to manage their own time.
 - What we dislike: Reporting could be better.
 - ✓ FocusMe: Paid application allowing students to manage their computer time and reduce distractions.
 - Website: <https://focusme.com/>
 - What we like: Highly customisable and many features that work well.
 - What we dislike: Can be resource intensive and there is no free version.
 - ✓ Leechblock: Free browser extension allowing blocking and time management of internet use.
 - Website: <https://www.proginosko.com/leechblock/>
 - What we like: Simple to use and easy to install without IT intervention.
 - What we dislike: Supports most but not all browsers and does not block applications.
3. Check with your internet provider in setting up time limits on your NBN connection.
4. There are numerous tools that parents can use to monitor their child's online safety. Below we have listed a couple for your consideration:
 - ✓ Familyzone: A complete home student monitoring system providing real time monitoring and protection for your entire family.
 - Website: <https://www.familyzone.com/anz>
 - What we like: All inclusive solution for your home supporting all devices.
 - What we dislike: Can be costly.
 - ✓ KasperskySafe Kids: A software solution offering protection and reporting for your child's online activities while using their laptop.
 - Website: [Kaspersky Safe Kids](#)
 - What we like: Simple to use, has a free version and low ongoing costs.
 - What we dislike: Limited compared to other products and requires installation on each device you use.

Parents can find more information, tips, blogs and support through the below websites.

- ✓ [Parents | eSafety Commissioner](#)
- ✓ [Cyber Safety Blogs \(ysafe.com.au\)](#)
- ✓ [Online safety | Child Family Community Australia \(aifs.gov.au\)](#)