



Online Safety and Digital Wellbeing for Schools



OUR SESSIONS - For Kids

Class-based sessions (3rd – 6th class)

- These are **in-depth, interactive workshops** designed to protect and empower children.
- Each session is targeted to the appropriate age group and deals with the relevant issues (includes **social media, messaging apps, gaming, protecting personal data, digital footprint, screen time, online reputation and cyberbullying**).
- We ask children to fill in a short, anonymous survey - each session is **bespoke and unique, based on their specific online usage and behaviours**.
- The school receives a **full report** post-session.
- Sessions **are suitable for 3rd – 6th class pupils and limited to 35 pupils per session**.

We offer a **4 step education programme** and we recommend pupils complete all 4 steps.

3RD CLASS - Engage

An introductory workshop that engages children to use the SMART rules in the online world.

4TH CLASS - Educate

Educating children on key topics such as password rules, screen time, social media, gaming and cyberbullying.

5TH CLASS - Explore

Exploring social media and gaming in more depth with scenario-based group work on peer-pressure and bullying.

6TH CLASS - Empower

Empowering children to identify and manage cyber risks and behave appropriately online, including discussions on cyberbullying and self-esteem.

(Note: this session is also suitable for 1st Year students.)



NEW! Assembly group sessions (3rd and 4th class)

- These sessions can be used as **an introduction** to the topic of cybersafety.
- They aim to raise awareness of the **risks on social media, messaging apps and online games, as well as discussing cyberbullying.**
- Sessions **are suitable for 3rd and 4th class pupils and limited to 70 pupils per session.**



Teacher Testimonial

"CyberSafeIreland seminars are exemplars of best practice in delivering information to young pupils about staying safe online, through very practical, accessible and apposite advice. This information is delivered to pupils in an appropriate and encouraging manner, in sessions that are especially engaging and efficient."

BARRY O'LEARY, ST. KEVIN'S SCHOOL, SALLYNOGGIN

OUR SESSIONS – For Parents

- Each session lasts **1 hour**.
 - All talks will include a section on **parental controls and settings** on the most popular devices and phones. Parents are invited to bring their devices from home and update their settings.
 - There are **3 different talks** – each aimed at parents with children of different ages:
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1 Healthy tech habits in the home – Parents of children aged 2-10

This session focuses on behaviour at home such as screen time, setting house rules and modelling good behaviour. We also look at our most frequently asked question - when to buy your child a device or smartphone?

2 Protecting and empowering children in the online world – Parents of children aged 8-13

This is our most popular session that gives an overview of the main risks on social media, messaging apps, and gaming. Our aim is not to scare parents, but rather to make them aware of what children are doing online and offer support.

3 Digital wellbeing and online safety for teens – Parents of children aged 12+

Whether we like it or not teenagers are online, and by this age they have less supervision from adults. Teens need to be able to identify appropriate content, avoid risks and behave respectfully online. In this session we aim to prepare adults on how to have those conversations.

OUR SESSIONS – For Teachers

Teacher Talk – 60 minutes

This is an **information session** that focuses on the most popular apps, games and social media platforms, highlighting what red flags teachers should be watching out for and how to have relevant conversations with children and parents.

Teacher Workshop – 180 minutes

This is an **in-depth, interactive workshop** that equips teachers with the skills and knowledge to manage the issues and negative behaviours around online use. The workshop aims to enable schools to proactively deal with cyber issues and to establish school policies and preventative measures in the classroom.

PRICE LIST

Sessions	Class Group	Max no. per session	Overall duration of session	Price €
CHILDREN				
CLASS-BASED SESSIONS				
Suitable for 3rd - 6th class	Four classes	35	180 mins	€390
	Per class rate	35	45 mins	€190
	Two classes	35	90 mins	€250
	Three classes	35	135 mins	€325
Suitable for 3rd & 4th class	Assembly group sessions One assembly group	70	45 mins	€225
PARENTS				
	Healthy tech habits in the home	100	60 mins	€275
	Protecting and empowering children in the online world	100	60 mins	€275
	Digital wellbeing and online safety for teens	100	60 mins	€275
TEACHERS				
Teacher Talk	Information session	100	60 mins	€275
Teacher Workshop	In-depth workshop	30	180 mins	€595



CyberSafeIreland is a registered Irish charity that aims to empower children and parents to navigate the online world in a safe and responsible manner.

We believe that education regarding online safety and digital wellbeing is key. We deliver talks to primary school children, their parents and teachers. We also offer training and advice sessions to the corporate sector, sports clubs, carers, children's charities and An Garda Síochána.

We deliver high quality, relevant and research-based sessions. The CyberSafeIreland team has extensive experience in cybercrime analysis and investigation, cybersecurity, child psychology and education. Each of our friendly and approachable trainers are highly trained and experienced, and have received full Garda vetting.

[cybersafeireland.org](https://www.cybersafeireland.org)

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