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.

"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:

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

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

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