

Freemans Reach Public School Est 1867

NEWSLETTER

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Relieving Principal: Lisa McGrath



From the Principal's Desk ...

It has been another busy few weeks at Freemans Reach Public School. Our Student Leaders went into the city yesterday for the Annual Young Leaders Conference. Thank you to Mrs Shuster for travelling with our students for the day. I hear the train trip was also a highlight!

Last week, we had an unfortunate gastroenteritis bug that visited some of our students and staff. Thank you to those families who kept their children home during time of symptoms, and the 24-48 hours after symptoms subside. Please continue to talk to your children about the importance of hand washing and personal hygiene. Even this has not stopped me from enjoying our wonderful school!

Thank you for your support during this time.

Parent/Carer/Teacher Interviews

It is believed at Freemans Reach Public School that parents and carers should be informed of their child's progress early in the year. Therefore, Parent/Carer Teacher Interviews are to be held in Term 1 from Monday, 30 March through to Friday, 3 April 2020. This is also a chance for the teachers to discuss specific programs the student may be working on and how best this work can be consolidated at home. It may also give the parents and carers an opportunity to discuss any concerns they may have in regard to their child's progress and wellbeing. Parent and carers will be given a choice of available times, they are then assigned a time to meet the teacher. I ask that you keep this week within the term as free as possible so that you may be able to attend the Parent/Carer/Teacher Interviews. A note will be sent home further into the term outlining times that your child's teacher is available and asking you to list your preferred options.

Working with Children Check (WWCC)

It has been legislated that from 2016 all volunteers, be it sporting, reading helpers, fundraising helpers, canteen workers and the like are complete an WWCC Declaration (previously called an Appendix 5) and provide 100points of ID to the school office. If you have a WWCC Clearance Number, this can be used as part of your 100points (=25points).

Our New Play Equipment

I am very pleased to inform our community that our new Moduplay play equipment is almost ready for the grand opening! After some careful modifications to the retaining wall, the 85cm drop is secured with a fence. Extra soft-fall has been delivered to level between the original and new play equipment. I know that our students are longingly looking at the play equipment as they pass! It won't be long now...

Thank you to our wonderful P&C for financially supporting this exciting initiative.

Afternoon Dismissal

As you may have noticed, we have slightly modified the way we dismiss students in the afternoon. Thank you to the families who have given us feedback on this procedure. Teachers, students and families have all noted that it is much easier to move students to waiting buses, and students walking home with their parents and carers, are able to do so with minimal disruption. I would like to thank our staff for responding to the needs of our community and make valid modifications to our daily systems and procedures.

District Swimming Carnival

Congratulations to our wonderful students who competed at the District Swimming Carnival on 26 February. Mr Baxter was the Team Manager and he reported to me that our Freemans Reach Public School students were fantastic; all cheering on their team mates and congratulating each other for their successes and effort. Freemans Reach Public School achieved some excellent results with two of our students moving onto the Regional Swimming Carnival.

Thank you to all the parents and carers who attended the carnival to support their children and the school. I know the students love having their parents/carers at the carnival supporting them and watching their times. This year the organisers had the relays in the middle of the program rather than being the last event of the carnival. This meant that some students did not have to wait the whole day in the sun, to compete in one event. The one hour storm delay was received maturely, as student safety was always a priority. Thank you to Mr Baxter who organised for Richmond Public School's Team to compete at the District Swimming Carnival and for being the Team Manager on the day. Carnival results are listed in this newsletter.

Well done Freemans Reach Public School!

Visible Learning Refresher

You may hear your children come home using some of the language of a visible learner. Our teachers have undertaken professional learning of their own in this area for the last two years. Teachers incorporate **Learning Intentions** to the beginning of lessons, they include **success criteria**, and offer explicit feedback to guide the learner.

A learning intention is the statement of what students are expected to learn from the lesson.

I would expect students to be able to articulate what they are learning. For example, during a Mathematics lesson when I walk in for a visit and ask students what they are learning about, I would want them to answer with, *"I'm learning to multiply fractions with the same denominator"*. I would not want them to answer with, *"I'm doing maths"*.

A success criteria is a list of features that a teacher wants the children to include in their work during the course of a lesson. It works a bit like a checklist or stepping stones to help them know they are on the right track. It is a really good way of making children aware of what is expected of them and can also encourage them to extend themselves during the course of the lesson.

School Bus Passes

Busways have informed the school that as from today students who catch the school bus must have a valid School OPAL Card. Students who do not have a School OPAL Card or do not have their card with them when they hop on the bus may be refused travel.

Busways have also asked that all students tap on & off as they enter and exit the bus, as this information is reported back to busways and therefore, may impact our school bus routes in the future.

What would you like to see in your Newsletters?

I have spoken with many parents and carers about what they love about our school, and what they would like to see modified or included. Many years ago in NSW Public Schools, Newsletters were the main source of communication and information about what exciting things happen at school. Nowadays, we are fortunate to have many forms of communicating. Instant and reliable, mostly. There is still a place for the Newsletter. Whilst it is emailed to families via our ENews' app, we aim to inform, remind and celebrate successes at our school. So, I am very open to suggestions and ideas about sustainable inclusions in our Newsletter. This may include parenting tips, links to interesting articles, student work samples, to name a few. We will continue to publish award winners from many areas of learning at our school. At Freemans Reach Public School, learning is valued and effort is rewarded. I am delighted to share this with our community. When you see me out and about, please feel free to come and have a chat with me about our Newsletter.

Warm Regards

Lisa McGrath
Relieving Principal



KC – Lara S, Ella C, Dominic B, Lachlan P

1J – Chantel S, Thomas F, Harrison S, Arcadia B

2C – Amelia S, Kinsela ME, Madelin G, Shelby W

3/4R – Jarrod H, Bernadette A, Ryder M, Abbey W

3/4L – Abbi E, Reece W, Max G, Isabelle V

5/6A – Brigette H, Riley B, Emily V, Connor R

5/6M – Brianna W, Isaac X, Alexis C, Emma P

DATES TO REMEMBER

TERM 1 2020

MARCH

Mon 2 March	Sporting Schools- AFL
Thurs 5 March	K-6 Assembly 12.30pm-1pm
Wed 11 March	P&C AGM 6.30pm-8pm
Tue 10 March	Stage 3 Paul Kelly Cup
Thurs 12 – Fri 13 March	Leadership Camp
Mon 30 March	Parent/Carer/Teacher Interviews all week

SCHOOL ENEWS- Our main source of communication.



Thank you to all families who have subscribed to School ENews. You should now be receiving this newsletter direct to your emails or direct to your mobile device. If you know of people who are not receiving the newsletter, please encourage them to contact the office to be signed up for ENews.

REMINDERS

Emergency Contact Update are now **OVERDUE**, if you still have these at home **please return them to the office ASAP.**

Hawkesbury PSSA Participation & Code of Conduct Note are **now OVERDUE**. These need to be returned to the school office.

Online Learning Subscriptions note and payment **are due Friday 6 March.**

Paul Kelly AFL Cup note for selected Stage 3 students went home 2 weeks ago. Permission forms and **payments are due in the office no later than this Friday 6 March.**

Calmsley Hill City Farm Excursion note for K-2, will be going home with students on Thursday. Permission note and payment is **due no later than Wednesday 25 March.**

Dance Group notes have gone home this week to all students who were successful in auditioning for the **Junior Boys and Senior Dance Groups**. These permission notes and payments need to be returned **no later than Friday 27 March 2020.**

Western Sydney Debating notes went home to selected students a few weeks ago, these notes and payments are **due back Friday 3 April.**

Easter Raffle ticket order envelopes & donation request note have gone home last week from our P&C. Ticket order envelopes are due back to the school office by **Monday 6 April 2020.**

Voluntary School Fees are due at the end of the term, **Thursday 9 April.**

YEAR 6 FUNDRAISING

On occasion throughout the year our year 6 will sell slushies or other foods to help fundraise for their year 6 farewell at the end of the year.

These days are usually Thursday and Fridays at lunch time.



P&C ASSOCIATION

NOTICE OF AGM

11 March 2020 at 6:30pm

Staff Room – FRPS

The 2020 Annual General Meeting of the Freemans Reach Public School Parents and Citizens' Association will be held on Wednesday 11 March commencing at 6.30pm.

Following acceptance of the minutes from the 2019 AGM and the tabling of the Audit Report for the year ended 31 December 2019, all current committee roles will be declared vacant and nominations called for the following positions:

- President
- Vice President
- Secretary
- Treasurer
- Executive Member / Contact Officer

All current P&C members are encouraged to attend the AGM to vote and/or nominate for vacant positions.

The AGM is open to all parents and carers who wish to attend, however only financial members are eligible to vote and/or nominate for vacant positions.

For more information concerning any aspects of the P&C including the conduct of the AGM, and the role of the committee, please go to the NSW P&C Federation website: www.pandc.org.au

At the completion of the AGM the March general meeting will be held. We hope to see you there!

YEAR 6 FUNDRAISING

On occasion throughout the year our year 6 will sell slushies or other foods to help fundraise for their year 6 farewell at the end of the year.

These days are usually Thursday and Fridays at lunch time.

DISTRICT SWIMMING CARNIVAL

Last Wednesday 26 February, 15 students attended the Hawkesbury District PSSA Swimming Carnival. All students represented the school with great pride and displayed terrific sportsmanship and quite a number of Personal Bests were achieved. All students cheered other members on when they raced which was great to see.

A huge congratulations to Ruby who came second in the Junior Girls Butterfly. She will now represent the Hawkesbury at the Area Swimming Carnival to be held at Homebush Aquatic Centre on 19 March. We wish her all the best.

Congratulations also to Amy B who spent more time in the water than out of the water, participating in every event in her age category. At the end of the day she had achieved two third placings in Breaststroke and Backstroke and a number of fourth placings.

Well done to all who participated and we hope to have greater attendance at next year's carnival through more of our students attending local swimming centres.

Names of students who competed:

Hunter, Jordan F, Ava Br, Cody, Ruby, Amy B, Travis, Lara, Saxon, Harry, Allira, Isabelle V, Lucas S, Jacinta S, Breanna W.

SCHOOL BANKING

School banking is **EVERY FRIDAY** morning. Please remind your children to place their commonwealth bank books in the banking box found in the office foyer on banking day.



YOUNG LEADERS DAY

On Monday 2 March, our four school leaders attended the National Young Leaders exhibition held in Darling Harbour. This is an annual event sponsored by Halogen Australia.

This year's inspirational speakers were Erin Molan, Rove McManus, Bianca Chatfield and John Coutis.

The event was hosted by Jae Slater and Solli Raphael.

All speakers delivered presentations that dealt with resilience, tolerance and persistence in all we attempt in our lives.

Our school leaders, Amy, Ethan, Emily and Tyler represented the school extremely well and were a credit to their friends and families.

Mrs Shuster



SCHOOL CANTEEN

Our school canteen is open for recess and lunch on Monday, Tuesday and Wednesdays.

It is open for lunch only on Thursdays.

The canteen is currently **CLOSED** on Fridays.

RESCHEDULED STAFF DEVELOPEMENT DAYS TERM 4

This year we have decided to reschedule our Term 4 Staff development days at the end of the year as follows: 4 x 3 hrs – 1 per term. The students will finish school on Wednesday 16 December 2020. The school will be open on the Thursday and Friday for administration enquiries.

Term 1

Monday 3 March 2020 – Positive Behaviour for Learning- Universal Systems Part 1 with Helen Bryce 3-6pm

Term 2

Monday 1 June 2020– Positive Behaviour for Learning- Universal Systems Part 2 with Helen Bryce 3-6pm

Term 3

Monday 24 August 2020 – CPR and Anaphylaxis Training with Surf Life Saving 3-6pm

Term 4

Monday 23 November 2020 – School Evaluation 2020 and School Planning 2021 3-6pm

LIBRARY MONITORS 2020

Congratulations to the following students who were presented with their Library Monitor badges at the last assembly. This dedicated team will be a wonderful asset to Mrs McMahon and our school library throughout 2020.

Congratulations to the following students for being chosen as Library Monitors for 2020! Rachelle, Alexis C, Ava B, Allira, Lucia, Nicholas, Annabelle and Chelsea. These students have already been working hard in the library this year. They are helping to refresh and set up the school's library to make it a more desirable and accessible place for all Freemans Reach PS students. Well done to all them!

As a new teacher to our school, I am also enjoying getting to know all the students and becoming a member of the school community. I am looking forward to meeting more of you as the year progresses.

Mrs Maree McMahon
Teacher Librarian

BUS SAFETY WEEK

Bus Safety Week was last week and during this campaign all road users were encouraged to 'Be Bus Aware'. Our school bus operator Busways is reminding all road users to be bus aware as the NSW Government's Bus Safety Week kicks off for the fifth year. Part of the 'Be Bus Aware' campaign, Bus Safety Week sees Governments, bus operators, and emergency services raise awareness about the importance of being safe in and around buses and spread the message to 'Be Bus Aware'.

Bus Safety Week provides a timely reminder to parents to have a talk with their children about bus safety; to motorists when giving way to buses; to pedestrians to make sure they're alert of their surroundings; and to cyclists to ensure they can see where buses are. We all have a part to play in bus safety. The 'Be Bus Aware' campaign has been developed with input from Bus NSW, NSW Police and Transport for NSW.

For more information on bus safety or to learn about Transport for NSW's 'Be Bus Aware' campaign, visit <https://roadsafety.transport.nsw.gov.au/campaigns/-be-busaware/index.html> or visit the Busways website www.busways.com.au.

CLEAN UP AUSTRALIA DAY

Our school participated in 'School Clean Up Day' on Friday 28 February 2020. Our SRC students helped lead their class during the clean up. Each class had a designated area of the school to collect rubbish. Most of the rubbish found consisted of paper, plastic, straws and screws. Our school now looks beautiful and clean. The SRC are continuing to make sure everyone keeps using our bins for rubbish so our school stays looking fantastic! Thank you to everyone for helping with our clean up day.

The SRC Committee.



BeBusAware.com.au

© Transport for NSW January 2019 Stock No. 45007045

DESIGNED BY: JESSICA JAMES

08/19 10/19

INTRODUCING MRS LEARD

For those that are not aware I've just returned from a leave of absence. I was blessed to have married my partner Michael on the 15 February 2020. We were blessed with perfect weather at Norah Head Lighthouse and had guests that travelled as far as Toowoomba for our special day.

We then had an amazing honeymoon in Tasmania where we visited many of the beautiful spots that Tasmania has to offer. I would like to thank the Bugeja Family for the flowers and your generosity for our special day.

Regards
Mrs Belinda Leard (Slee)



BREKKY CLUB

Mrs Leard will be running a brekky club from the school canteen on Thursday and Friday mornings before school.



P&C UNIFORM SHOP OPENING HOURS

The uniform shop is open on Friday mornings from 8:15am – 9am.

Uniform order forms are available from the school office or from our school website, orders and payments for uniforms can be left at the office.



TOO SICK FOR SCHOOL?

As you are all aware we've had a gastroenteritis bug at school over the last couple of weeks.

Some illnesses are common whilst others may require exclusion from the school environment, for more information on childhood illnesses, please see the attached factsheets.

Health and wellbeing of all children and staff at school is important to us, **if your child appears unwell you should always keep them home from school and seek medical advice.**



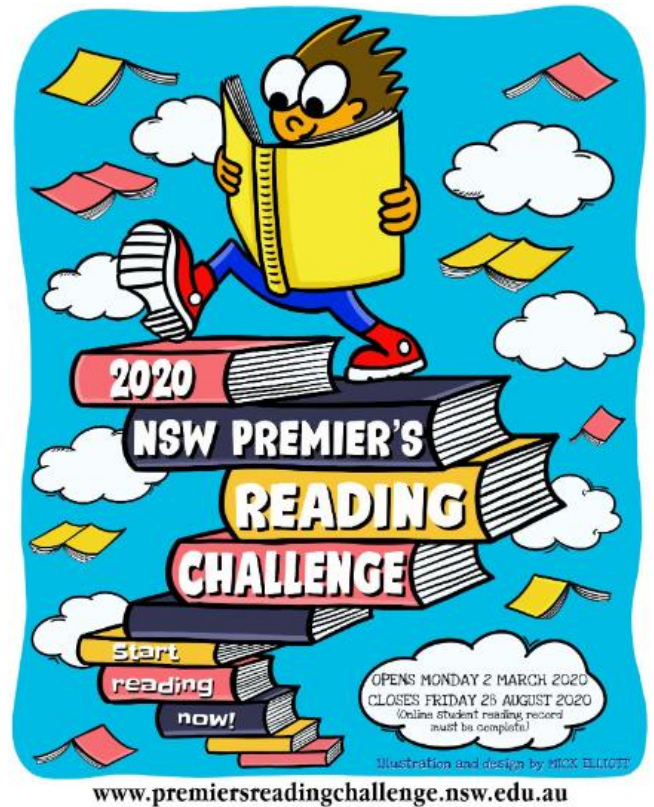
PREMIER'S READING CHALLENGE

The Premier's Reading Challenge has now opened and runs from 2 March through to 28 August 2020. , the Premier's Reading Challenge opened. The Premier's Reading Challenge is a great program for students to enjoy some great books and log their reading.

Book Lists and further information regarding the reading challenge can be found at:

<https://online.det.nsw.edu.au/prc/home.html>

Students will need to use their school username and password to record their reading in their online reading log.



www.premiersreadingchallenge.nsw.edu.au





School Opal Cards for bus travel

As part of our campaign against fare evasion, and our on-going commitment to provide the level of service needed to transport students to and from your school, Busways conducts regular checks of School Opal card.

All students must be in possession of a valid Opal card or pay a fare.

Students in possession of an Opal card must also tap on/off with their card when boarding our buses.

This is important, because the Opal data collected determines the level of service we are able to provide to your school. If students don't tap on and off, the services will appear under utilised and may be considered for cancellation based on low passenger numbers.

To apply for a School Opal card or to report a lost or stolen card, go online to www.opal.com.au/en/about-opal/opal-for-school-students/

Students who are ineligible for School Opal will need to purchase a Child/Youth Opal card or pay a fare to travel on our buses.

Thank you in advance for your assistance and support.

Glossodia Before And After School Care and Vacation Care

162 Golden Valley Drive, Glossodia, 2756 – Ph: (02) 4576 6421

Email: glossodiaooosh@ihug.com.au

April 2020 Holiday Program

HOURS: 7am-6pm

Nominated Supervisor: Jacinta Adam

Children Need to bring: Hat, Drink Bottle, Morning Tea and Lunch (Please Provide healthy options) NO HAT, NO PLAY

Forms due back in by Friday the 27th of March 2020

Monday 13th April

Easter Monday
Public Holiday

Tuesday 14th April

Teddy Bears Picnic

Decorating cupcakes and making some other slices! Bring a packed, picnic lunch and we will take a walk down to the park!

\$55

Wednesday 15th April

Minute to Win It!

Come and compete in some "Minute to Win it" games, playing for some fun prizes!

\$60

Thursday 16th April

EXCURSION

Movies at Richmond (pending numbers)
(Read information sheet for more details)

\$85

Friday 17th April

Science Day

Change the colour of flowers, how do clouds make rain? Making lava lamps!

\$60

Monday 20th April

Craft Day

Bubble painting, water pistol painting and so many more creative crafts!

\$55

Tuesday 21st April

Ten Pin bowling – South Windsor (Pending Numbers)

(Read information sheet for more details)

\$85

Wednesday 22nd April

Movie and PJ Day

A relaxing middle to our week, come and watch your favourite movies with hot chocolates and popcorn

\$50

Thursday 23rd

Sustainability Day/Classroom camp out!

Camp games, scavenger hunts and smores!

\$50

Friday 24th April

Slime Day/Mother's Day Craft

Come make different slimes (all that you can take home!)

\$60

Glossodia Before and After School and Vacation Care

GENERAL INFORMATION

No food that needs cooking or heating to be brought from home, so no noodles, leftovers etc. Thank you!

Please remember to dress your children for FUN, OUTDOOR and sometimes MESSY play!
Shorts and long pants, tops with sleeves (for sun safety) and joggers or sandals (no slip on shoes or thongs) hats must ALWAYS be worn.

LUNCH

Lunch will be provided **on Tuesday the 21st (Ten Pin Bowling)** which will be a hot dog, chips and a drink and **Wednesday the 22nd (PJ and Movie Day)** which will be OOSH made Pizza.

EXCURSION INFORMATION

Richmond Movies

- The bus will be leaving OOSH at 9am
- We will be dropped at Richmond Park where the children will have a play and their morning tea (Provided and packed by parents/carers)
- We will return to OOSH around 2pm
- Please make sure your child/ren is/are wearing appropriate clothing and have a packed morning tea, lunch and hat.
- We will be having morning tea at Richmond park.

Windsor Ten Pin Bowling

- Bus will be leaving OOSH at 9am
- Hot chips, a hotdog and a drink included
- 2x games of bowling
- Make sure your child/ren have socks and enclosed shoes.
- Bus returns between 1pm and 2pm



Glossodia Before and After School and Vacation Care APPLICATION FORM

162 Golden Valley Drive, Glossodia, 2756
(02) 4576 6421
Glossodiaooosh@ihug.com.au

Child/ren's Name/s: _____

- All booking must be made at least one week prior to Vacation Care for planning purposes.
- All booked days will be billed to you and must be paid for at the conclusion of Vacation Care
- If you wish to change the days of attendance it must be done on this form and initialled by the parent/guardian.

Please circle or highlight the days of care you require.

Monday 13/04/2020 CLOSED	Tuesday 14/04/2020	Wednesday 15/04/2020	Thursday 16/04/2020	Friday 17/04/2020
Monday 20/04/2020	Tuesday 21/04/2020	Wednesday 22/04/2020	Thursday 23/04/2020	Friday 24/04/2020

I have read and agree to comply with the above conditions

Signature: _____ Date: _____

Contact Number: _____



the *Carly Ryan* foundation. **APP FACTS**
TIK TOK
 (Including Musical.ly)



Tik Tok is a social media platform for creating, sharing and discovering short music videos. Every day, millions of people use Tik Tok as an outlet to express themselves through singing, dancing, comedy, and lip-syncing. The app celebrates creativity with videos recorded in 15 seconds or less and shared across the Tik Tok community.

You have the ability to make cool, short videos—songs or short dialogues – that you can share with the world, and people can see them. Think MTV meets SNL meets karaoke meets Dubsplash meets American Idol meets Instagram.

Concerns

- 12+ content in the songs lyrics. Swearing and adult concepts in the provided music.
- Pornography, graphic content, suicide notes.
- Tik Tok users can search for other users to view or follow near their own location/city.
- User generated videos can be viewed and shared onto other social media and messaging apps increasing exposure.
- Bullying in comments.
- Users can publicise their messenger usernames or social media profiles on their Tik Tok profile.
- Many fake user accounts, used to hijack views or set up to bully.
- Hacking of accounts by promotional accounts (Free Tik Tok Crowns) within the apps.
- Not easy to report accounts for being fakes or underage inside the app.
- Many underage accounts with large amounts of followers.
- Easy for users to create multiple accounts and hide them from their parents.
- Fake Tik Tok apps on the app store that charge for download or offer followers.

How Do I Delete My Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the person icon at the lower right of your screen to open your profile.
- Click on the three dots located in the upper right corner.
- Click on 'Privacy and Settings'.
- Click on 'Manage my Account'.
- Add a phone number if you haven't already. A verified phone number is

a requirement for removing your Tik Tok account.

- Scroll to the bottom of the page where it says 'Thinking about removing your account?' Tap it.
- Tap 'Send Code'.
- Wait for the code to be sent.
- Enter the 4-digit code within 60 seconds of it being sent to you. Then hit continue.
- Read over the implications of removing your account. Hit continue if you agree with the terms.
- Hit 'Delete Account'. You'll be logged out and your account will be deleted.

How Do I Block a Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the ... icon.
- Tap 'Block'.

How Do I Report a Tik Tok Account?

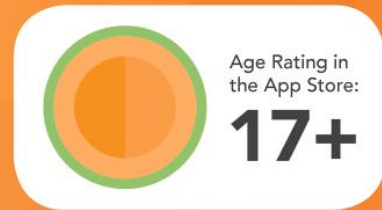
- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the ... icon.
- Tap 'Report' and fill out the user report.

More App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

carlyryanfoundation.com

the *Carly Ryan* foundation. **APP FACTS**

MELON



Melon is video chatting application that allows people to connect with the tap of a button. The user can chat with as many different users as they like. The application records a history of the chats so the user can then revisit the chat with their new 'friend'.

There are filters within the app that allow the user to talk to people in 'specific' regions. The app pairs the users based on age and gender and once an account is created they get automatically paired with another user via video. There is an option to have location services on for the application, Melon recommends having it on so that the user can 'make friends all over the world.'

Melon is a messaging app that allows users to chat with strangers, share images, and more. Not only does this app make it easy for children and teens to engage in age - inappropriate conversations, it makes it easy for predators to connect with potential victims. For these reasons, no child under 18 should use this app.

Concerns

There is no real filtering that is possible with the video chatting because the users control their own video feed. There has been many reports of misuse and inappropriate behaviour. This behaviour can be reported, but only after it has occurred.

All anonymous video - sharing apps bring risk of the user being exposed to inappropriate content. Many people have compared this application as a cross between Omegle and Tinder.

How do I block on Melon?

Unfortunately there is no way to block on this app.

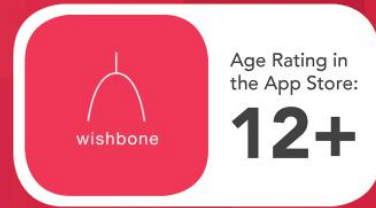
How do I delete my Melon account?

- Firstly login to site and click on the team chat from left sidebar.
- Go to text chat panel and tell what you want from staff.
- If you don't get any response send an email

Now wait until staff contact you. Unfortunately you can't delete account within settings.

More App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

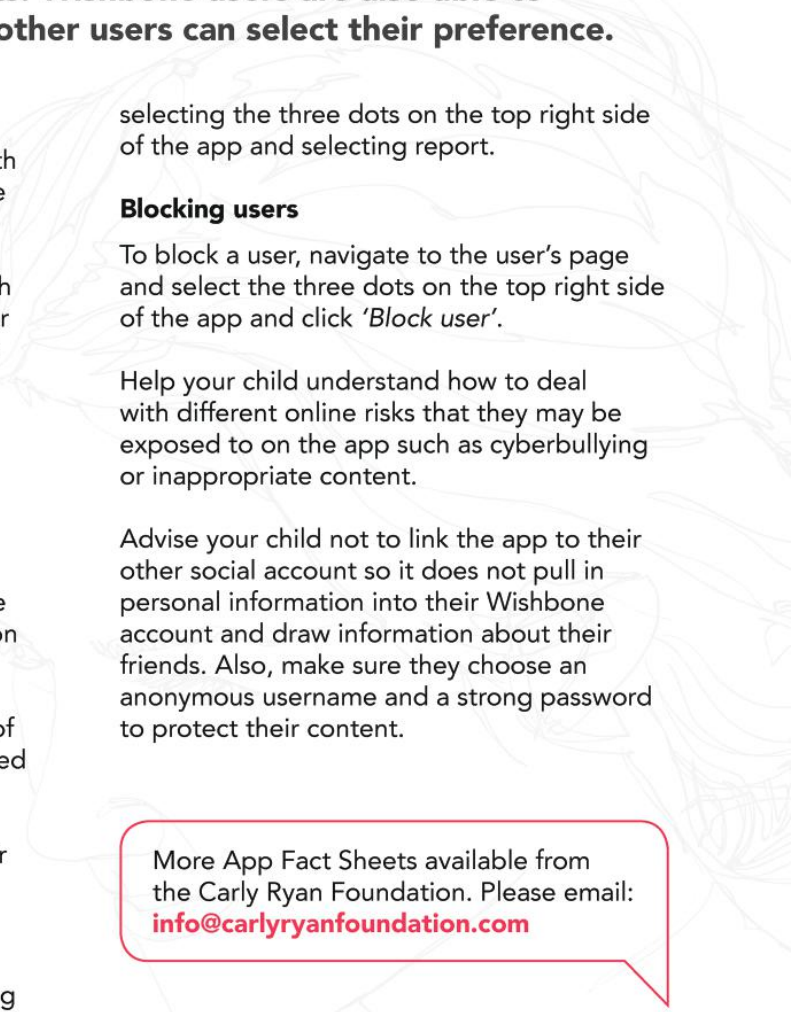
the *Carly Ryan* foundation. **APP FACTS**
WISHBONE



Wishbone is a survey application aimed mostly at teenagers. Although their terms and conditions say that the app is rated 17+ the app store says 12+. The user can connect to the application using Facebook or Twitter. Or alternatively they can skip the 'log on' process.

Users are presented with two cards, and are then asked to choose a preference. Many of the cards that come up include inappropriate language language written in the comments. Wishbone users are also able to produce their own cards so that other users can select their preference.

Concerns

Users are able to write comments underneath other users cards. If the two users follow one another then they are able to send private direct messages to each other. Some of the users have been known to create cards which include pictures of people that they know for the other users to then rate them 'who's the prettiest, or hottest?'.


When using Wishbone, the users are able to create a public profile and biography. If the user chooses to link their social media accounts to Wishbone, the app can then accumulate a large amount of the users personal and private information, and will be exposed to high volume advertising based on their information.

In 2017 Wishbone was hacked and millions of users had their personal information circulated online. There have also been many reports of cyberbullying within the app, especially when people's photos get used without their permission and rated.

How do you report?

You can report content that may be upsetting or inappropriate on the app by simply

selecting the three dots on the top right side of the app and selecting report.

Blocking users

To block a user, navigate to the user's page and select the three dots on the top right side of the app and click 'Block user'.

Help your child understand how to deal with different online risks that they may be exposed to on the app such as cyberbullying or inappropriate content.

Advise your child not to link the app to their other social account so it does not pull in personal information into their Wishbone account and draw information about their friends. Also, make sure they choose an anonymous username and a strong password to protect their content.

More App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

carlyryanfoundation.com

the *Carly Ryan* foundation. **APP FACTS**
YUBO (Formerly Yellow)

Age Rating in
the App Store:
yubo **12+**

Yubo is a social networking site where users are able to make new 'friends'. Yubo is very much like Tinder as you are able to swipe right if you like someone and left to pass. If both users swipe right then they will be matched and are then able to chat, send photos and videos within the app.

Yubo is free to download. In order to create a new profile the user must give their name, date of birth and gender. The user is then able to freely choose who they would like to connect with, whether it be girls, boys or both. The user can upload up to 5 photos of themselves and make a biography using emojis.

The application allows users to turn on their location settings to find other users near by in their proximity. Yubo also has a Live feature mode. This means that users are able to create a live video with up to four of their 'Yubo' friends. There are obvious dangers regarding this type of activity.

Concerns

In Yubo's terms and conditions it says that users must 12+ to sign up to sign up, it also states that users between the ages of 13 - 17 years old must have parental permission before signing up and creating an account.

Warnings about inappropriate content can be found on the app store when downloading the app and include the following flags:

- Infrequent/Mild Sexual Content and Nudity
- Frequent/Intense Mature/Suggestive Themes
- Infrequent/Mild Profanity or Crude Humour
- Infrequent/Mild Alcohol, Tobacco, or Drug Use or References

Even though Instagram and Snapchat are no longer integrated into the application, many users upload a picture of their Snapchat account details on to their Yubo account biography.

How do I report another user?

Users can report other users profiles if they are exposed to inappropriate content. This can be done simply by clicking on the flag icon in the top left corner of the profile the user wishes to report. The app will then ask users to select a reason for the report from a list of options.

It is important for parents to be aware of what apps and social networks their child is using. We would recommend using caution with the Yubo app, parents need to consider whether the app is age appropriate for their child.

How do I delete my Yubo account?

Go to the settings and to 'Manage my Account' and press delete my account.

If your child is using the app or wants to start, talk to them about the potential risks and what they hope to gain from using the application. Also, consider whether your child is emotionally mature to be exposed to the kind of content that may be posted on the app.

Advise them to be careful about what personal information they are sharing and the potential risks of sharing too much with a potential stranger.

More App Fact Sheets available from the Carly Ryan Foundation. Please email:
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WHISPER



Whisper is a social anonymous confession application. It allows users to superimpose text over a picture in order to share their thoughts and feelings anonymously. However, you post anonymously, but it displays the area you are posting from. You can also search for users posting within a kilometre from you.

All too often, those whispers are sexual - and sometimes so are users trying to meet with other users for sex. There's copious strong language and sexual images (though no actual sex is shown). The app also encourages private communications in which users can exchange images and personal information.

Anyone can post an anonymous message to the service in the form of an image with text overlaid on a picture. When the user opens the app, they will see six such images. Each one has a "secret" on it. The user can then respond to a message publicly or privately.

Users don't have a public identity in the app. While they do have persistent handles, there's no way to contact them except through the messages they post.

Concerns

Due to the anonymity, kids are posting pics of other kids with derogatory text superimposed on the image. Also, users do not have to register to use Whisper and can use the app to communicate with other users nearby through GPS. Sexual predators use the app to locate kids and establish a relationship.

How do I block a user on whisper?

To block a user from within chat, tap on the ellipsis in the upper right corner and click the 'Block' icon. You can also block a user if you swipe left across a chat in the inbox screen and press Block.

How do I delete my Whisper account?

Unfortunately there is no quick way to delete your whisper account. This is the information about the process from the Whisper website. 'Upon your request, we can delete your account. You may make such request by emailing Support from the app. You can elect to delete all of

your Whisper content OR completely delete your account. **Note:** Completely deleting your Whisper account will prevent you from joining the Whisper community in the future on your device. You will only be able to browse content.'

Many whispers seem to be an attempt to get replies and likes (called 'hearts'). Talk about how to evaluate whether a user might be stretching the truth to get a response.

The images in Whisper could lead to some uncomfortable discussions about the sexualization of everyday topics.

The Carly Ryan Foundation does not recommend the use of Whisper for anyone under the age of 18.

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HOT OR NOT



Hot or Not is an app that has its users rate the 'attractiveness' of the other users based on whatever photos they chose to share. Users then set up their account using photos of themselves. The user must also verify their gender, email address or Facebook account.

The Hot or Not website says it will not accept a profile unless the user is 13 or older. It also states that users from the ages of 13 - 17 can't chat or share photos with users who are older than 17. In saying that, there is no verification process.

Users can then log on to their account to see what other users think of them. If each user rates each other as 'hot' then they are able to send messages to each other within the app. Keeping in mind that there's no guarantee anyone is really who they say they are here.

Concerns

- Objectification
- Rejection
- Creates Low Self Esteem
- Users can be subjected to cyberbullying
- Users can find themselves being sent sexually explicit images
- No age verification needed
- Shares GPS Location

How do I block or report another user?

If you find someone's behaviour towards you or their language abusive, you can let the website know by clicking on the icon in the top right corner on their profile page, select 'Block or Report' and choose the reason.

How do I delete my Hot or Not account?

If you really want to delete your Hot or Not profile, just log into your account and click on

the cog icon on the top right corner of your profile page. Scroll down to the bottom of the page where it says 'Delete Account' and follow the instructions given.

Remember to talk to your child about which apps are age appropriate for them to use. Be sure to help them understand that other people's opinions should not define their self-worth as Hot or Not implies, and direct them to more teen-friendly apps.

The Carly Ryan foundation do not recommend this app appropriate for anyone under the age of 17 to use.

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OMEGLE



Omegle is a website that allows you to randomly chat to a stranger. When a user opens Omegle they have two options - 'Text chat' or 'Video Chat'. The user does not have to verify or identify themselves when they use Omegle. You simply pick the text or video option then get paired with a 'Stranger'.

There is an option to connect Omegle to your Facebook account, which allows the user to find 'chat partners' with similar interests.

If the user chooses to use this feature it opens up potential for the users friends to see the Omegle activity on their profile. There is an option to change the setting to 'Me Only' so the Omegle activity is not shared.

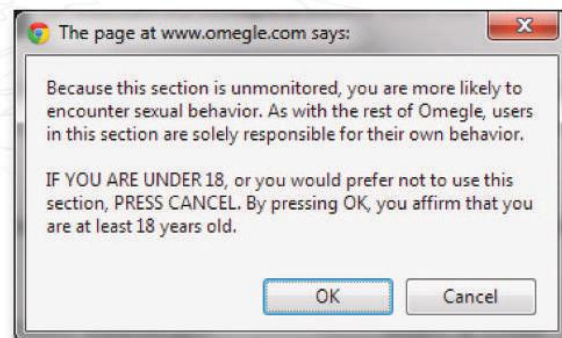
Concerns

The Omegle privacy policy clearly states that the following information is saved on their servers for 120 days: *'the time your chat began, your IP address, a randomly-generated ID tag assigned to your computer, your chat partner's IP address, and your chat partner's randomly-generated ID tag'*. While this data is used for law enforcement and to try to track and prevent spammers, note that you are willingly providing this information when using Omegle.

At the end of a chat the user has the option to save the chat log and is able to share the link. Therefore the users conversation is not actually private, and the contents of the chat including any personal information you might share can be sent to anyone without their knowledge.

There are two video chats within Omegle. *Monitored* and *Unmonitored*. Using the video chat mode requires that the users IP address is made available to the 'Stranger's' computer. Omegle video chat requires a direct connection to be made between users computer and the 'Stranger's' computer.

The below picture is a warning received when the user is initiating an unmonitored video chat with a 'Stranger'.



The Carly Ryan Foundation does not recommend any child under the age of 18 use Omegle.

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YOUTUBE



YouTube

Age Rating in
the App Store:

17+

YouTube is free video sharing website and application that is owned by Google. The platform allows its users to upload, create and watch other users videos. With over 1 billion users it is one of the most popular platforms on the internet.

Anybody can access videos on YouTube, but in order to upload a video the user must create their own YouTube account. If a user sees inappropriate content they can 'flag' or report it if it violates YouTube's community guidelines. Many popular types of videos on YouTube are music videos, 'how to videos' and gaming videos.

YouTube Kids

With over 400 hours of content uploaded to YouTube every minute it is extremely difficult for Google to keep up with the monitoring of inappropriate content.

For users under the age of 13 we recommended using 'YouTube Kids'. YouTube kids is free to download and use. Users can have up to 8 profiles attached to the one account. Each profile can have it's own viewing preferences.

The platform has features like 'watch history', 'block channels' and filters to keep videos more 'child friendly'. Parents can also create timers for video use which can enable time restrictions on their children's screen time.

YouTube Red

YouTube Red is a monthly subscription service that removes advertisements from all videos on the platform. Users can also restrict the videos so that they're more limited with no 'suggested' videos that often occur after a video has been viewed.

More often than not the suggested videos are not suitable for younger people. This platform is especially ideal for teenagers. Videos can also be downloaded and watched at any time without an internet connection. This function is fantastic for family trips in cars and airplanes.

Privacy Settings on YouTube

Public Anyone is able to search and view the users videos.

Private Only people the user allows can search for and watch their videos.

Unlisted Only people that the user sends the link to can view their videos.

'Comments on users videos' is turned on as a default option, however this can be disabled. To do so, these are the steps to follow:

- Sign in to YouTube on a computer.
- Go to Creator Studio > Video Manager.
- Select the box next to any of the videos you want to manage.
- At the top of the screen, click the Actions menu.
- Select More actions > Comments.
- Select or unselect Do not allow comments.

How to make your account private

Click the 'Edit' button, and then choose 'Private' or 'Unlisted' from the 'Privacy Settings' drop-down menu.

If your YouTube account is linked to Google Plus and you set your video to private, you see a field into which you can enter the email addresses or profile names of people with whom you want to share your video.

How do I block another user on YouTube?

- Login to your YouTube account.
- Click on the name of the user you want to block. This will take you to their profile.
- Click 'About' on their profile, the hit the flag button.
- In the drop down menu, you will be given the option to 'Block User'.

How do I report another user on YouTube?

- Login to your YouTube account.
- Click on the name of the user you want to report. This will take you to their profile.
- Click 'About' on their profile, the hit the flag button.
- In the drop down menu, select the option that best suits your issue.

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the Carly Ryan foundation. APP FACTS FACEBOOK



Facebook is a social networking service where millions of people go to interact with others. Facebook has over one billion active users, more than half of them use Facebook on a mobile device. The user can create a personal profile with photos, lists of personal interests, contact information, and other personal information which is shared among their chosen friends.

Facebook users have the ability to interact with a wide range of individuals. Through Facebook's news feed, users have the ability to interact in public conversations with people who are not within their friends list.

How to make your Facebook profile private

Step 1

- 1 Click on the downward arrow at the top right corner of the screen.
- 2 Click on the Timeline and Tagging option. You can control everything with regards to who gets to post and tag on your Timeline and also who can see it. Go through all seven options and customise it for you. Activating Timeline review is also recommended. Once you've done this your Timeline will only be viewable to the people you choose to look at it.

Step 2

Go to the 'Privacy' tab in the settings page. Facebook offers you several different options so you can adjust exactly how private you want to be. Check your privacy settings regularly. Often when Facebook updates the settings may go back to public by default.

Other Privacy Settings

To manage your privacy on Facebook (on a computer), access the privacy settings by clicking on the downward facing arrow in the upper right-hand side of the page and select 'Settings'. In the left hand column, click on 'Privacy'.

To access these settings on a mobile device select the three lines on the bottom right of your screen. Scroll down to 'Settings & Privacy'. Here you can change a number of settings: Restricting who can see the users profile and timeline.

Under the 'Who can see my stuff?' section, users can manage who is able to access their timeline and profile. Next to 'Who can see your future posts?', click on 'Edit' to ensure that 'Friends' is selected.

How can I report a fake profile?

If you have a Facebook account and want to report someone that's pretending to be you or someone you know:

- Go to the profile of the impersonating account.
- Click on the cover photo and select Report.
- Follow the on-screen instructions for impersonation to file a report.

<https://www.facebook.com/help/167722253287296>

How do I block another user on Facebook?

- Click at the top right of any Facebook page.
- Click Privacy Shortcuts.
- Click 'How do I stop someone from bothering me?'
- Enter the name of the person you want to block and click Block.
- Select the specific person you want to block from the list that appears and click Block again.

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INSTAGRAM



Instagram is a photo and video sharing app that has been an almost exclusively mobile platform. Once the user has either taken, selected a photo or video they can scroll through the editing filters and experiment with the best one for that particular image.

How does it work?

After the user has created an account they can follow other Instagram users and 'like' or 'comment' on their photos and videos. Instagram is owned by Facebook and accounts between the two can be linked to verify the users age and identity.

Instagram accounts are public by default, but can be set to 'private' if the user wishes. If an account is set to public then it opens it up for any other user on Instagram to view. If the account is set to 'private' then only the users that follow the account are able to view it. Setting an account to private allows the user to choose who follows them, which gives the user more control of who is able to view their content.

Instagram is being used by young people to share their lives with their friends. Some concerns around the use of Instagram are young people taking nude selfies and seeking attention and acceptance from strangers, bullying comments and the ability to access inappropriate photos and videos. It is important you know how to block and report inappropriate users on Instagram.

Privacy Settings

Account settings can be found by selecting the three dots on the right hand side of the top of your profile page, scroll down to 'Privacy and security' - 'Account privacy' then switch on the toggle 'Private Account'.

We would recommend turning off the location function for the camera on the users mobile device. By doing this, it ensures that the location of where the photo was taken isn't embedded in the image.

If location service is turned on for the camera then any one can drag and drop the photo in to Google Image search and locate exactly where the photo was taken. For most devices, this can be done by going in to the settings menu.

How do I block or report another user on Instagram?

To block someone from commenting on your photos and videos:

Go to your 'Profile' by tapping.
Tap (iPhone) or (Android) in the top right.
Below 'Settings', tap 'Comment Controls'.
Next, to Block Comments 'From', tap 'People' >
Enter the name of the person you want to block, then tap 'Block' next to their name.

<https://help.instagram.com/426700567389543>



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SNAPCHAT



Snapchat is an application which is free to download on iOS and Android devices that allows users to send images and videos 'snaps' to each other.

How does it work?

The receiver of the 'snap' can view it for up to 10 seconds (depending on what time the sender sets). After the allocated time the 'snap' will then 'dissolve'. If the receiver screenshots the snap the sender will be notified. Keep in mind there are ways around this ensuring that the sender doesn't get notified if a screen shot is taken, so keep in mind that nothing is private on Snapchat and everything is easily retrievable.

Concerns

Snapchat is the number one application used for 'sexting' or 'sending nudes' between underage people. Users must be mindful of the social and legal consequences of sending images like these. If the user is under 18 years old it is illegal for them to produce or possess these types of images. It is classed as child abuse images.

Child abuse pictures are illegal if they are:

- asked for;
- taken;
- received and kept; or
- sent, posted or passed around

These actions are a crime even if the picture is only of you, your boyfriend / girlfriend or someone else who says it's ok. Even if a picture is not child abuse material, asking for or sending a nude / sexy photo can be an indecent act and this is a crime. The maximum penalties for child abuse material can be up to 15 years in jail and being placed on the sex offender register. The maximum penalty for an act of indecency is 2 years in jail if the person in the picture is under 16. If the person is over 16, the maximum penalty is 18 months in jail. (http://www.lawstuff.org.au/nsw_law/topics/ Sexting)

Privacy

Privacy settings that are available within Snapchat are the ability to restrict who can send a user photos or videos, 'snaps'. This can be enabled by going into the Settings menu, select 'Who can send me snaps', then select 'My friends'. This will ensure only people the user knows will be able to connect with them via the application. It is important to read the Snapchat privacy policy as it provides information about how the images and videos are stored and used. Users need to be aware that Snapchat has the right to reproduce, modify and republish photos and videos, and save them to the Snapchat servers, particularly in relation to the 'Live Story' feature.

Snap Map

The feature is designed to help friends meet up or attend events together. This could be abused by others or used to track users. It shows exactly where the user is at all times and exactly what they're doing i.e driving a car, reading listening to music etc. To hide your location from friends, you can turn on 'ghost mode' in Snap Map.

To do this, pinch the screen when you are in camera to bring up Snap Map. Click the settings icon in the top right hand corner and set the phone to 'ghost mode'. Then Snapchat will stop sharing your location.

Be mindful who are you sharing images with and always remember that everything on the internet is permanent. Make sure you are happy for potentially anyone to see your snaps.



How to block a user

- Go to your friends list.
- Tap the name of the offending friend.
- Hit the gear icon that appears next to their name.
- Select Block to stop receiving Snapchats from that person or pick Delete if you want to remove him or her from your contacts.

How do I report abuse on Snapchat?

To report a Story on Snapchat, just press and hold on the offending Snap until a flag button appears in the bottom-left corner. To report a Snapchat account, press and hold on that Snapchatter's name and tap the button. To report a Story on the web from your computer, click the button on the video, then click 'Report'.

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the Carly Ryan foundation. APP FACTS MONKEY



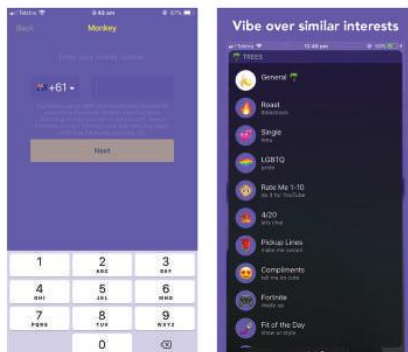
Age Rating in the App Store:

17+

Monkey is an application that allows its users to connect with strangers all over the world via a 10 second video chat. Upon creating a Monkey account the user must log in using his or hers Snapchat details, setting an age (this can be whatever they like) and providing a phone number. The user is able to pick 'similar interests' before connecting with another user.

How does it work?

Before connecting, the user will see the age and gender of the potential 'friend', they can then choose to accept or deny the video request. Once the live video chat has ended each user gets to decide whether or not they would like to continue chatting with the other user. If both users decide yes they can continue to chat either via 'text' or 'live video chat'.

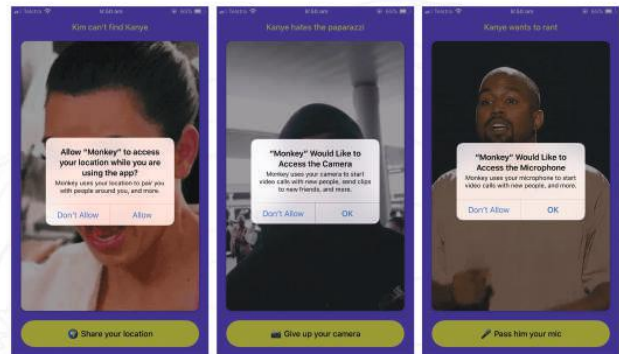


Concerns

There are many reports of users opening a video chat and being subjected to full on nudity, seeing the other user performing sexual acts, grotesque language, name calling, bullying and drug use.

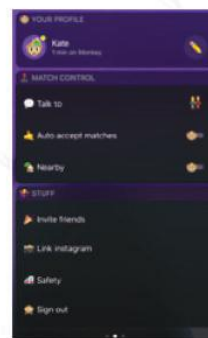
The application gives users an option to turn location services on in order to be connected to people in their area. The user must also allow access to their camera and microphone. There have been many reports of predators using Monkey to groom and access young people.

The Carly Ryan Foundation would not recommend anyone under the age of 18 use this application.



How do I report another user in the app?

While there is a report button to flag any inappropriate content, that method takes the 'after the damage is done' approach to keeping their app free from pornography and bullying.



If a user sees any inappropriate content they should report it immediately using the report button on the top right of the screen.

If the user is subjected to any inappropriate content they should end the chat straight away and report the other user. We would also recommend turning off 'auto accept matches' and 'nearby'.

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DISCORD



Discord is an app used widely in the gaming community. It allows users to invite each other to servers, which allow them to talk to each other over text, microphones and send photos to each other. Users find this platform a convenient and easier way to communicate rather than through the game directly.

How does it work?

To sign up to Discord you simply need an email and a username. It takes under five minutes to make an account with Discord. This enables the user to open up invitations and messages from people around the world.

To add somebody on Discord the user must have the other person's username. This can easily be asked through in-game chat.

Concerns

Some of the issues with Discord are that younger children may get invitations from random users thinking it is safe to chat with them. A criminal has the potential to groom the child and get various sources of information such as: credit card details, house address, school, age and much more.

Ensure that you have conversations with your young person about the potential risks involved with using platforms like Discord.

The Carly Ryan Foundation is seeing young users being asked to add people on Discord. This can create the opportunity for criminals to groom, manipulate and coerce young users through conversations that unfold via various gaming platforms.

Discord is a great app to help users communicate with their friends but without the right settings in place it can expose the user to unwanted or inappropriate contact from criminals or by strangers.

Privacy Settings Menu

Click the little down arrow next to the server name and you'll find a drop-down menu window. In addition to being able to adjust notification and server settings, you can adjust privacy settings on a per-server basis as well. Selecting / deselecting this option lets you block DMs (Direct Messages) from users in that server that aren't on your friends list. Normally, sharing a mutual server is all it takes to allow DMs. This option can filter out anyone you don't want to hear from.

Block Button

In the case that you generally like everyone in a server (except for a few individuals), the DM list has a quick-access

menu to a user's profile. In your DM chat, clicking the @Username will bring up the user's profile, you can click the three dots in the top right to pull up a menu that will let you block the user.

Report a User

To report another user on Discord you will need screen shots of the evidence. Once you have this, you will need to email Discord directly: support@discordapp.com

Friend Requests

For additional control, Discord's settings is adjusting friend request privileges. To find this menu, open up your User Settings and click the Friends tab, here you can set who's allowed to send you a friend request.

Everyone - Selecting Everyone means that anyone who knows your DiscordTag or is in a mutual server with you can send you a request. Having this selected will automatically include both Friends of Friends and Server Members options.

Friends of Friends - Selecting this means that for anyone to add you, they must have at least one mutual friend with you. You can view this in their user profile by clicking the Mutual Friends tab next to the Mutual Servers tab.

Server Members

Selecting server members means users who share a server with you can send you a friend request. Deselecting this means that you can only be added by someone with mutual friends as you.

Note: Friends of Friends and Server members can be both selected or deselected, allowing you to customize what ways you are willing to receive friend requests. If you only want to add friends you want to choose, you can deselect all three options, and not receive ANY requests.

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ROBLOX

Age Rating in
the App Store:
ROBLOX 8+

ROBLOX is a comprehensive game development, publishing, and gameplay platform that allows people of all ages to create games and share them with an audience of game players. ROBLOX is the world's biggest platform for emerging and independent game developers, and they offer the ability to earn real money from their creative efforts.

ROBLOX is designed for 8 to 18 year olds, but it is open to people of all ages. Each player starts by choosing an avatar and giving it an identity. They can then explore ROBLOX - interacting with others by chatting, playing games, or collaborating on creative projects.

Each player is also given their own piece of undeveloped real estate along with a virtual toolbox with which to design and build anything. ROBLOX members can choose to play and create alone or, with the help of personal and customisable avatars, they can choose to be social and engage with others. Members can explore the world with their avatars, meet and communicate with other members, visit other member- created worlds, and collaborate with others on projects.

Concerns

The purpose of the game is for players to interact and make friends with one another. This is achieved by wandering around the online world to stop and talk with other players. The most dangerous aspect about the game is that it appeals most to young children under the age of 12 and therefore a very easy platform for predators to target them.

The game also allows players to invite each other into their online bedrooms and engage in sexualised behaviour. Whilst there are no 'simulated' sex acts, the insinuation is there. More advanced players are able to create their own online worlds for other players to enter, which often means that pornographic content can be uploaded for children to see.

To report abuse in-game:

- Click on the Menu button, located at the upper left of the screen. This icon looks like three lines stacked on top of each other.

- Click Report tab at the top of the menu.
- Click on the Which Player pull-down menu, and select which player to report.
- Click on the Type of Abuse pull down menu, to select the inappropriate action.
- Additional details can be written in the Short Description box.
- Click Submit to finalise.

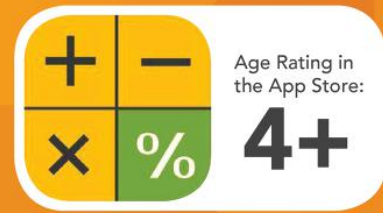
How to block a user

To block a Roblox member for any reason you see fit, go to their profile page. Under their character thumbnail, you'll see a 'More' button. Hit the button, and click 'Block user'. This adds the user to your block list, which you can manage at any time within the 'Privacy' tab of the Account Settings page.

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the Carly Ryan foundation. APP FACTS CALCULATOR%



The calculator% app is an application that is designed to help the user hide photos and videos behind the applications screen.

This application appears to look like a calculator, but upon entering a passcode it opens up a private vault where files are stored securely and cannot be viewed in the iPhone or Androids default camera role.

To get files into your Private Calculator

In the app itself, you can tap the '+' sign to select Wi-Fi transfer, which gives you an IP address to type on your computer's web browser. You can also import files through your camera roll (photo's and videos).

Private Calculator can display and open a number of media types, including photo's (such as .jpeg, .gif, .bmp and .png files), videos (.mp4, .avi, .mkv, .wmv, .flv), music and audiobooks (.mp3), Microsoft Office files (.doc, .xls, .ppt), other assorted documents (.txt, .pdf) and even downloaded websites (.htm).

Concerns

Some of the concerns regarding this app are the fact that your child might potentially be hiding explicit photos, videos or other content.

If your child is under 18 years old it is illegal for them to produce or possess these types of images. It is classed as child abuse pictures.

Child abuse pictures are illegal if they are:

- asked for;
- taken;
- received and kept; or
- sent, posted or passed around

These actions are a crime even if the picture is only of you, your boyfriend / girlfriend or someone else who says it's ok. Even if a picture is not child abuse material, asking for or sending a

nude / sexy photo can be an indecent act and this is a crime.

The maximum penalties for child abuse material can be up to 15 years in jail and being placed on the sex offender register. The maximum penalty for an act of indecency is 2 years in jail if the person in the picture is under 16. If the person is over 16, the maximum penalty is 18 months in jail.

(http://www.lawstuff.org.au/nsw_law/topics/Sexting)

What can parents do to keep their kids safe on calculator% app?

- Consider deleting this app
- Remind your kids that everything is public
- Have a dialog with your kids about sexting and sending inappropriate photos to others
- Explain to your kids that they should be careful with sharing their photos with anyone, as they can be forwarded

It is important to have open honest communication with your child regarding sexting.

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the *Carly Ryan* foundation. **APP FACTS**
FORTNITE

Age Rating in
the App Store:
FORTNITE 12+

Fortnite is an online gaming platform allowing up to 100 users per game to drop on to an island/map in the hunt for weapons and equipment. The users then hunt each other down in the hope to become number 1.

Battle Royale mode provided by epic games is free to download and available for everyone. Users have the choice to buy cosmetic items (micro transactions) which allows their character to look unique to others.

Concerns

Users are able to connect with other random users around the world. When holding down 'T' the game will allow the user to chat with any other user. This poses potentially inappropriate contact between users.

Be aware if your child is using your App Store / Google Play Store to play Fortnite they may be able to use the micro transaction function which will spend money off the linked credit card to the account.

How do I report / unfriend another user?

Users can report other users for harassment, inappropriate language, bullying and hacking.

To report

Fortnite recently updated their standard contact interface to accommodate player reports. Just click 'Email Us' and fill out the required fields. After selecting the Product and Game Mode, select Report Player as the Issue Type. This will make sure these reports are routed to the correct team.

A few helpful tips when reporting players:

Make sure to include the player(s) full in-game name, spelled as accurately as possible! If it looks like the player is using unusual or uncommon characters in their in-game name, screenshots are totally acceptable documentation. Speaking of screenshots: screenshots & video are incredibly useful for validation. If you captured

screenshots or videos of the offence, attach them. If you have links to streaming video of bad behaviour, include them!

<http://fortnitehelp.epicgames.com/customer/portal/articles/2843190>

If a user wants to delete a 'friend' within the game they can simply go to the icon on the top right of the screen with the three figures and select the user and click 'unfriend'. There is no way to block a user in the game. If a user is harassing another user they should follow the appropriate steps above to report them.

Make sure you talk to your child about appropriate behaviour whilst they are playing video games. It is never okay to bully or be mean to other players. If your child is getting bullied or harassed make sure they know that they can always come to you or a trusted adult for assistance.

If things get too intense within the game, make sure they know that they can always mute other players or simply leave the game. Your young person also needs to be aware to never disclose personal or private information to other users within the game and to only talk to people about the game itself.

More App Fact Sheets available from the Carly Ryan Foundation. Please email:
info@carlyryanfoundation.com

carlyryanfoundation.com

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Communicable Diseases Factsheet

Stopping the spread of childhood infections

Infections are common in children and often lead to illness. Excluding children from early childhood education and care services while they are sick helps to stop the spread of infection to other children.

Last updated: 15 August 2019

Many children first enter early childhood education and care services at a time when their immune systems are still developing. They may not have been exposed to the common germs that cause infections before and they may be too young to be vaccinated against some diseases.

The way that children interact means that diseases can quickly spread in a variety of ways. Children (particularly younger children) will have close physical contact with other children through play; they often put objects in their mouths; and they may not always cover their coughs and sneezes.

Simple steps can reduce the chance that childhood infections spread to other people in the family and in childhood education and care services, and to vulnerable people in the community.

Chickenpox (Varicella)

Chickenpox is usually a mild childhood illness that causes a rash of red, itchy spots that turn into fluid-filled blisters. They then crust over to form scabs, which eventually drop off. Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain.

Early in the illness, the virus is spread by coughing. Later, it is spread by direct contact with the fluid in the blisters.

Children with chickenpox should avoid others by staying at home, cover their coughs and sneezes with a tissue, and wash their hands regularly. Children with chickenpox shouldn't share toys, utensils, food or drinking cups.

Chickenpox is now less common because children are vaccinated at 18 months of age.

Keep at home? **Yes. Children should be excluded until all blisters have dried—this is usually at least 5 days after the rash first appears.**

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/chickenpox.aspx

Conjunctivitis

Conjunctivitis is a common eye condition where the outer surface of the eye becomes inflamed. This is often caused by an infection (virus or bacteria) and is usually highly contagious.

Conjunctivitis is spread by direct contact with discharge from the eyes, nose or throat of someone with the infection, or by contact with contaminated fingers or objects.

Keep at home? **Yes. Children should be excluded until the discharge from their eyes has stopped.**

More information

See website: www.healthdirect.gov.au/conjunctivitis

Gastroenteritis

Gastroenteritis (or gastro for short) is a bowel infection that causes diarrhoea and sometimes vomiting. Diarrhoea is runny, watery bowel motions. Bouts of gastro can cause dehydration, which can be dangerous for very young babies and young children.

Gastro is spread by contact with the vomit or faeces of an infected person, either directly or by contact with objects, food or drink that have come in contact with vomit or diarrhoea.

Keep at home? Yes. Children should be excluded until there has not been a loose bowel motion for 48 hours

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/viral-gastroenteritis.aspx

Glandular fever

Glandular fever (also known as infectious mononucleosis) is a common viral infection that can cause fever, a sore throat with exudate (deposits of fluid) around the tonsils and throat, and enlarged lymph nodes (or 'glands').

The symptoms usually develop four to six weeks after infection with the virus. In young children, glandular fever usually causes mild or no symptoms.

Glandular fever spreads through close, personal contact and is transmitted by saliva. Young children can become infected by saliva on toys, shared cups or the hands of carers.

Keep at home? No. Children do not need to be excluded unless they are sick.

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/mononucleosis.aspx

Hand, foot and mouth disease

Hand, foot and mouth disease is a common viral infection. It is not related to the disease in cattle with a similar name (foot-and-mouth disease).

Symptoms of hand, foot and mouth disease include tiny blisters on various parts of the body, including in the mouth, and on the fingers, palms of hands, buttocks, nappy area, soles of the feet, upper arms or upper legs. The blisters last a little longer than a week. Some children may also have a fever, sore throat, runny nose or cough. The most troublesome symptom is often the blisters in the mouth, which make it difficult for the child to eat or drink.

The virus is in the fluid of the blisters and can be spread by becoming airborne during coughing and talking. It's also found in the child's faeces.

Symptoms usually start three to five days after the child is exposed. Careful hand washing especially after wiping nose, using the toilet and changing nappies helps prevent spread.

Keep at home? Yes. Children need to be excluded until all blisters have dried up.

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/handfootmouth.aspx

Head lice

Head lice are insects that live in hair and suck blood from the scalp. They can cause itching of the scalp but they do not cause disease or illness.

Female head lice lay their eggs and glue them to the base of hair shafts, and the eggs hatch after seven to ten days. The immature lice grow into adults and start biting the scalp to feed on blood. Check your child's head once a week for head lice. If you find any lice or eggs, begin treatment immediately. Check for effectiveness of the treatment every 2 days until no lice are found for ten consecutive days.

Keep at home? No. Not excluded if effective treatment begins before the next day of attendance. The child does not need to be sent home immediately if head lice are detected.

More information

See website: www.health.nsw.gov.au/environment/headlice/

Hepatitis A

Hepatitis A is caused by a virus and is highly infectious. The virus grows in the liver and passes into the faeces. It can cause abdominal pain, loss of appetite, nausea, fever and tiredness, sometimes followed by yellow skin and eyes (jaundice), dark urine and pale faeces.

Symptoms can last from one week to several months. Young children may not show any symptoms of the infection.

Hepatitis A is usually spread when virus from the faeces of an infected person is swallowed by another person. In children, the virus can be transferred onto hands and eventually mouth after handling soiled nappies, linen or towels of an infectious person.

Careful hand washing is important to prevent spread. Vaccination may prevent illness if given within two weeks of contact with the infectious person.

Keep at home? **Yes. Children should be excluded until your doctor provides a medical certificate of recovery and until at least 7 days after the onset of jaundice.**

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/hepatitis_a.aspx

Impetigo (school sores)

Impetigo is a skin infection caused by common skin bacteria, which commonly occurs in young children. Impetigo appears as flat, yellow, crusty or moist patches or blisters on the skin, usually in exposed areas such as the face, arms and legs.

The bacteria can spread by contact with the sores or infected fluid. Because the sores are usually itchy, children can scratch them and spread the infection, via their hands, to other parts of the body or to other people. The infection can also be spread by touching contaminated clothing or other items. The disease is very infectious, but it is not dangerous.

Keep at home? **Yes. Children should be excluded until appropriate antibiotic treatment has started. Any sores on exposed skin should be covered with a watertight dressing.**

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/impetigo.aspx

Influenza

Influenza ('the flu') is a viral infection that starts in the throat but can cause fever, cough, chills, headache, and muscle aches and pains. The infected person usually recovers in two to seven days.

Flu is very infectious as it can spread through the air by coughing and sneezing, as well as by hands, cups and other objects that have been in contact with an infected person's mouth or nose. Symptoms usually start one to three days after being exposed.

Annual flu shots offer the best protection against flu and they are free for young children aged from 6 months to under five years. Teaching children about covering their coughs and sneezes (including with their elbow if they don't have a tissue), and washing their hands regularly are important ways to prevent the spread of flu and many other diseases.

Keep at home? **Yes. Children should be excluded until they are well again.**

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/influenza_factsheet.aspx

Measles

Measles is now a rare infection in Australia, but is a highly infectious and serious viral disease. Symptoms include a fever, cough, and sore, red eyes (conjunctivitis). This is followed by a rash of large, flat, reddish blotches that often join up and completely cover the skin. The rash spreads over the entire body, and usually disappears within 6 days.

People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

Children are routinely vaccinated against measles at 12 and 18 months of age.

Keep at home? Yes. Children should be excluded for at least four days after the rash appears.

Non-immunised children who are contacts of a measles case are excluded for at least two weeks after they have been exposed to the case. The local public health unit will provide specific advice.

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/measles_factsheet.aspx

Meningococcal disease

Meningococcal infection is caused by a particular group of bacteria which can cause severe infections. Symptoms may include meningitis (infection of the outer lining of the brain and spinal cord), septicaemia (infection of the blood), joint infection, eye infection, pneumonia and rash.

In infants and young children, symptoms can include fever, refusing feeds, fretfulness, vomiting, rash of reddish-purple spots or bruises, high-pitched or moaning cry, or pale or blotchy skin. The child may be difficult to wake.

Symptoms usually begin three to four days after exposure but the illness can then progress very quickly and become life-threatening.

Children are routinely vaccinated against four major strains (ACWY) of meningococcal bacteria at 12 months of age. Vaccines against the B strain of meningococcal disease are available but are not included in the National Immunisation Program schedule.

Keep at home? Children suspected to have meningococcal disease should get urgent medical attention.

The local public health unit will provide specific advice about cases and their close contacts.

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/meningococcal_disease.aspx

Molluscum contagiosum

Molluscum contagiosum is a common viral skin infection which causes a rash of pearly, skin-coloured lumps that can appear anywhere. In children, the lumps are mostly on the face, trunk, and upper arms and legs. The lumps are usually small, with a white centre and an indented surface.

The disease is not serious and usually disappears on its own but this may take several months.

The virus spreads by direct skin-to-skin contact, especially where there are minor breaks in the skin, and is most common in children. Symptoms usually take from two to seven weeks to appear.

Direct contact with the lumps should be avoided but they do not need to be covered up. Good hygiene including regular hand washing should be encouraged.

Keep at home? No. Children do not need to be excluded.

More information

See website: www.healthdirect.gov.au/molluscum-contagiosum

Mumps

Mumps is an infection caused by a virus that is now uncommon in Australia due to immunisation. About one-third of people with mumps will have only mild symptoms or no symptoms at all.

When symptoms do occur, they include swelling of glands around the jaw (the salivary glands), high fever and headache. Boys may have tender testicles, and girls may have pain in the lower abdomen.

The virus spreads by direct contact with droplets from the sneeze or cough of an infected person. Susceptible people usually develop symptoms about two weeks after being exposed.

Children are routinely vaccinated against mumps at 12 and 18 months of age.

Keep at home? **Yes. Children should be excluded for nine days from the onset of swelling.**

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/mumps.aspx

Ringworm

Ringworm is the name for a tinea fungal infection when it occurs on the scalp or body. It is called 'athlete's foot' if it is between the toes or on the feet, and 'jock itch' if it is in the groin. Despite the name, no worms are involved.

Fungal infections on most areas of skin appear as a flat, spreading, ring-shaped scaly patch. The outer edge is usually reddish. The area often contains fluid, including pus, but may be dry and scaly, or moist and crusted.

The germ spreads by direct skin contact or by touching contaminated clothing or other articles, infected animals or contaminated soil. Children are infectious as long as the condition persists or until treatment has started. Good hand hygiene reduces the risk of spread.

Keep at home? **Yes. Children should be excluded until the day after anti-fungal treatment has started.**

More information

See website: www.healthdirect.gov.au/ringworm

Rubella (German measles)

Rubella is a viral illness that causes a mild fever, runny nose, swollen glands (lymph nodes) and a pink blotchy rash that lasts a short time. Some people have no symptoms.

Unfortunately, rubella can cause serious harm (birth defects) to unborn babies if pregnant women are infected, particularly during the early stages of pregnancy.

Rubella is now very rare because children are vaccinated at 12 and 18 months of age.

Keep at home? **Yes. Children should be excluded until fully recovered or for at least 4 days after the rash appears.**

More information

See factsheet: www.health.nsw.gov.au/Infectious/factsheets/Pages/rubella-german-measles.aspx

Scabies

Scabies are tiny mite creatures (bugs) that burrow under the skin causing intense itching and sometimes a rash. The rash is due to an allergic reaction to the mite. Scabies tends to be worse around wrists, armpits, buttocks, and the groin and between fingers and toes.

Scabies is highly contagious and is passed from person to person through close skin contact. Infestation may also occur by sharing clothing, towels, and bedding. Symptoms usually appear two to six weeks after exposure.

Scabies are easily treated with gentle scrubbing of the skin followed by drying and applying permethrin cream or lotion that you can buy from pharmacies. People who have had close contact with an infected child should be examined for infestation and be treated if necessary. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.

Keep at home? **Yes. Children should be excluded until the day after appropriate treatment has started.**

More information

See website: www.healthdirect.gov.au/scabies

Scarlet Fever

Scarlet fever is a type of bacterial throat infection that also causes a red (scarlet) rash. It usually affects school-aged children aged 5 to 15 years. Symptoms of scarlet fever usually appear between 1 and 3 days after infection and include a very red sore throat, swollen glands and fever. The rash usually starts about 12 to 24 hours after the other symptoms start.

Treatment with antibiotics means most people recover in about a week, but left untreated it can spread to other parts of the body and cause serious health problems.

To avoid giving it to other people, children should cover their nose and mouth when coughing or sneezing, and wash their hands regularly.

Keep at home? **Yes. Children should be excluded until the day after appropriate antibiotics have been started and the child feels better.**

More information

See website: www.healthdirect.gov.au/scarlet-fever

Slapped Cheek

Slapped cheek disease (also known as Fifth disease) is a fairly mild viral illness caused by a parvovirus (B19). It gets its name from its most obvious symptom – a red rash that makes children's cheeks look like they've been slapped. Other symptoms include a mild fever, an itchy lace-like rash, and possibly cough, sore throat or runny nose.

Parvovirus B19 can rarely cause problems for unborn babies during pregnancy. Most pregnant women have been exposed to the virus as a child and so are not susceptible, and even when infection occurs most pregnancies are unaffected.

Slapped cheek is spread through the air by coughing and sneezing, as well as by hands, cups and other objects that have been in contact with an infected person's mouth or nose. People usually stop being infectious once the rash appears.

To avoid giving it to other people, children should cover their nose and mouth when coughing or sneezing, wash their hands regularly, and avoid sharing drinks.

Keep at home? **No. Children do not need to be excluded.**

More information

See website: www.healthdirect.gov.au/scarlet-fever

Whooping Cough

Whooping cough (pertussis) is a highly infectious disease caused by infection of the throat with the pertussis bacteria. It affects infants, children and adults. The disease usually starts like a cold, with a runny nose, tiredness and sometimes a mild fever. A cough then develops, usually in short bouts followed by a deep gasp (or 'whoop'). Not every person makes the whooping sound—this is more common in non-immunised children. The cough can last up to 3 months.

Young infants may stop breathing and sometimes turn blue. Adolescents and adults may just have a persistent cough. One in four children will also develop pneumonia; some have fits (convulsions); and some may develop inflammation of the brain (encephalitis).

Whooping cough is particularly serious in children under 12 months of age, and hospitalisation is often necessary.

Whooping cough spreads by airborne droplets. It can also spread through contact with surfaces that have been contaminated by infectious airborne droplets (e.g. hands, tissues, toys, eating utensils). Symptoms usually start nine to 10 days after exposure.

Vaccination is the best way to protect against whooping cough. Children are immunised at 6 weeks, 4, 6 and 18 months and 4 years of age. Specific antibiotics are used to treat whooping cough and may be recommended for some people that have been in close contact to help prevent infection.

Keep at home? **Yes. Children should be excluded for 21 days from the start of their symptoms, or until they have taken an appropriate antibiotic for at least 5 days.**

More information

See website: www.health.nsw.gov.au/Infectious/factsheets/Pages/pertussis.aspx

Further information

For further information please call your local Public Health Unit on 1300 066 055 or visit the NSW Health website: www.health.nsw.gov.au Other sources of information:

- HealthDirect website: <https://www.healthdirect.gov.au/>
- *Staying Healthy - Preventing infectious diseases in early childhood education and care services*. (5th Edition). National Health and Medical Research Council (NH&MRC): www.nhmrc.gov.au/about-us/publications/staying-healthy-preventing-infectious-diseasesearly-childhood-education-and-care-services.