

PARENTING IN A PANDEMIC

In this issue:

- Internet Safety
- Predator Prevention

**The internet is a vast space
and we don't want to lose
our kiddos to it.**

This is scary for ALL of us

and

WE WILL GET THROUGH THIS TOGETHER!

If you or your family need extra support right now, Lake Trail's counsellors are available to work with you.

Please contact:

Jessica Kerekes Rinn (Jessica.kerekesrinn@sd71.bc.ca) or
Jocelyn Schultz (Jocelyn.schultz@sd71.bc.ca).

For more editions of Parenting in a pandemic visit:

<https://laketrail.comoxvalleyschools.ca/apps/pages/counselling>

Internet Safety

This new reality of at home learning means that many of our kiddos are having **long hours online** to complete schoolwork tasks, and assignments.

It also means that they are at **greater risk to online threats**.

The internet has allowed all of us to search out our curiosities, but kiddos need to understand that **some things cannot be unseen or undone**.

We all make judgement errors, so take a look at this [Digital Guide for Parents](#) to better understanding the digital world.

It is important to know and speak to your kids honestly about these **real threats** to their privacy and safety.

Check [Netsmartz](#) out for starters!

Geotracking

Viruses

Advertising



Catfishing

Phishing

Cookies

Understanding Internet Addiction:

Kiddos need to develop ways to manage their habits to avoid addictive patterns of behavior.

Some Signs of Internet Addiction

- Losing track of time online;
- improper sleep due to internet usage;
- become agitated or moody;
- cannot follow time limits
- anxious to be online;
- cannot maintain real-life relationships;
- lies and sneaks online time;
- Strong need to check online activities



Steps to overcome the addiction

1. Address the problem
2. Show you care
3. Become more computer savvy
4. Set reasonable rules and boundaries
5. Check-in on regularly progress

Sites to help keep our kids safe online:

1. <https://quietube.com/> - watch YouTube videos without all the distractions.
2. <https://www.commonsensemedia.org/> - to search age appropriate media
3. [Cyberbullying Information for Parents](#) - prevention, education, and safety.

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Predator Prevention

Youth are having more unsupervised hours online and this raises concerns about more potential predatory behavior.

Who is at risk? All kids, but namely those that have risky behaviors, past traumas, hostile home lives, or are lonely.

Who could be a predator? Most likely someone you or your family already know: A peer, friend, family member, person of authority, or a new stranger online. **Learn more at [Cybertip!](#)**

Ways they gain the trust of our children:

Child grooming: Actions that child predators do to gain trust to lower inhibitions and gain sexual favors. Some common lures include:

Affection lure: They shower youth with attention and affection to convince them of performing small favours at first- developing into requests of sexual acts.

Friendship lure: Predators become a person of trust; they can even be a friend.

Authority lure: A person trusted in the family or community who uses their power or status to manipulate.

Online Behaviors

Catfishing is a situation where someone hides their true identity in order to gain trust. Often used as a romance scam or to scam you for \$ or services.

How to pick out a catfish?

- always computer issues to avoid video chat,
- they always need help,
- love bombing, and
- unrealistic profile photos

Phishing is an online attack to get your personal information. The scam will try to convince or blackmail you to get what they want. *Don't click any links in weird emails or sites!*

Online etiquette:

ASK Yourself...

- Would you do the action in real life?
- If you put something online, it cannot be deleted EVER!
- If you put something online, would you want your parents to see it?

*...If it's "NO" to any of these questions, probably **not** a good idea.*

Call 911 if you are in immediate risk!

Report child exploitable — Click **[HERE](#)**

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Stay Tuned Next Week:

Returning to a new normal: will discuss traumatic responses, managing fear, and learning to live Post-Pandemic.