



## Are you a parent/guardian concerned about how your child uses the internet or mobile phone?

Cybercrime is a very real issue facing families in NZ, but there are easy practical steps to reduce the risk. **Rangiora Borough School** invites you to a presentation on the issues associated with the inappropriate use of computers, mobile phones and the internet.

# INTERNET HEALTH AND WELLBEING PRESENTATION

WITH JOHN PARSONS [www.facebook.com/johnparsonss2e](https://www.facebook.com/johnparsonss2e)

New Zealand's leading authority on Safeguarding Children Online.

John is a published author and copies of his books

**Keeping Your Children Safe Online** and **Romeo the Elephant's Digital Footprint** are available for purchase via his website.

**Venue:** Rangiora Borough School Hall

**Date:** Thursday 7 March 2024

**Start Time:** 6:30pm

[www.citizen21.co.nz](http://www.citizen21.co.nz)

Safeguarding children and adults online

### TOPICS COVERED

Online sexual exploitation.  
Cyber bullying.  
Future proofing for employment.  
Managing screen time.  
The importance of sleep.  
Online pornography.

**Risk factors and protective factors are identified**

Educating young people to understand the value of identity is the first step to using ICT safely and ethically

