

Welcome to the Big Reconnect!

Our school has signed up for a Cyber Safety package that allows their families to have access for 12 months. This is usually \$99 per family but you are getting it for **free!**

In this course, you will learn about:

Cyberbullying - How bullies can reach our kids 24/7

Social media - How social media is affecting the mental health in 3 out of 5 children. FOMO, depression, anxiety

Gaming and the developing brain – An oversupply of dopamine leading to dopamine deficiency, synaptic pruning, and the underdevelopment of social skills and empathy

Naked Selfies - The pressure to send nudes from intermediate up through high school

Online predators - The methods they use, how to spot them

Online porn vs healthy sexuality - How consuming online pornography as a child or teen can create a sexual template where violence, aggression, and dominance are seen as normal and consent can become very blurry

Solutions

Filters - Which filters are best and how to install them

Smartphones - How to lock down a smartphone to make it a safe phone

Boundaries - How to put good boundaries in place around device use

3 golden rules - The 3 golden rules that will keep your kids safe

Talking to your kids - How to have difficult conversations with your kids

Challenging our own phone and device usage - Reconnecting as a family.

Alongside the information above for parents, you also get access to the modules for your children. There is a whole series to sit and watch with them which covers the following:

Each topic has different age groups, so use the ones that apply to your children's ages and/or understanding.

Cyberbullying - Why cyberbullies bully and how to keep yourself safe

Naked Selfies - The pressure to send nudes from intermediate up through high school and how to say no

Social media - How social media is affecting the mental health in 3 out of 5 children. FOMO, depression, anxiety

Gaming and the developing brain - An oversupply of dopamine leads to dopamine deficiency, synaptic pruning and the underdevelopment of social skills and empathy

Online predators - The methods they use, how to spot them and how to get out from under their control if you have been trapped

Fake news, mis and disinformation - How online algorithms can create a very small world view

Online porn vs healthy sexuality - How consuming online porn can create a sexual template where violence, aggression and dominance are seen as normal and consent can become very blurry

Healthy relationships - What they look like and how to remove yourself from an unhealthy one

To access The Big Reconnect course, please click on the following link: [The Big Reconnect](#)

This will take you to the main page for you to enrol in the course. **Click ENROL NOW** This will then take you to the enrolment page.

Step 1 On the left side of the page put in your email address

Step 2 On the right-hand side of the page click on **Add Coupon Code** then copy and paste BUCKLANDFREE

Step 3 Then click on **apply**

Step 4 Click on **get it for free**

This will then take you to a new page for you to:

Step 5 Add your name

Step 6 Create a password