

# Spotlight on Health & Safety



## Online Safety

The internet is an integral part of our lives. It provides us with information, entertainment, and various ways to communicate and socialize. It can be used to research school reports, communicate with teachers, peers and play interactive games.

While this creates great opportunities for society, online access comes with risks such as inappropriate content, cyberbullying and online predators.

Both at school and at home, it is essential that we educate ourselves and our children about being safe online. The internet has become a part of our day-to-day lives and to keep our children safe, it is important that we have conversations about online safety and model and encourage safe online practices.

For more information regarding safe online practices, check out the following links:

<http://www.rcmp-grc.gc.ca/is-si/index-eng.htm>

<http://www.getcybersafe.gc.ca/index-eng.aspx>

[https://www.cybertip.ca/app/en/internet\\_safety](https://www.cybertip.ca/app/en/internet_safety)

<https://canadasafetycouncil.org/child-safety/online-safety-rules-kids>

Safety Advisory Committee