REMUERA INTERMEDIATE SCHOOL
RELIABILITY INTEGRITY SERVICE
ESTABLISHED 1955

A Free Evening at RI with Rob Cope
Kids Online
What are they really doing? What can you do about it?
Wednesday 21st June, 7:00 – 9:00 pm

Dear parents and caregivers,

Our young people are growing up in increasingly challenging times and the mounting challenges and harms they are facing online are growing daily. We need to start talking about and tackling this as a community.

To help with this we have organised **Author, Filmmaker and Speaker Rob Cope**, producer of the documentary "Our Kids Online" to come and give what promises to be a humorous and hard-hitting talk specifically for our parent community. Here is a link to a brief introductory video from Rob. Rob's presentation will be held in our school hall on **Wednesday 21st June from 7:00 -9:00 pm.** *We highly recommend that **at least one adult from each family** attend, this topic is too big for us to not get involved.*

Click here to book your place. Tickets are limited so get in quick.

PTA Pizzas and Gift Cards
The PTA is sponsoring Gift Cards for a number of lucky participants and the class with the most families represented on the night will win a free Pizza lunch for their class.

Issues Rob will be Discussing

- **Cyberbullying** - How cyberbullies can reach our kids 24/7
- **Social media** - The pressure for kids to build an online brand that is often far removed from their authentic selves. FOMO, Highlight Reels
- **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, and how to get out from under their control if your child has been trapped
- **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 Rob will be Sharing

- **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.