



LOURDES HILL COLLEGE

A School of *Good Samaritan Education*

SUPPORTS AVAILABLE

PHONE AND ONLINE SERVICES

- **eHedspace:** 1800 650 890

www.headspace.org.au/eheadspace/

- **Youth Beyond Blue:** 1300 224 636

Beyond Blue: online chat is available 3pm to 12am

www.youthbeyondblue.com

- **Kids Helpline:** 1800 551 800 (available 24/7)

Web chat available via website www.kidshelpline.com.au

Email: counsellor@kidshelpline.com.au

- **CYMHS** (child and youth mental health service)

Acute Response Team: 3068 2555

Online and phone support for anxiety and depression

- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au

- **Childrens Health QLD:** www.childrens.health.qld.gov.au

FACE-FACE APPOINTMENTS

- See your GP who can refer you to a Psychologist
- Psychologists are able to see you in person or via eHealth
- headspace Woolloongabba: 3249 2222

FOR PARENTS, CAREGIVERS & STUDENTS

- **Parentline:** 1300 301 300 (8am to 10pm, 7 days a week)
- **Lifeline:** 131114
- **Lifeline text line:** 0477 13 11 14
- **Mindspot Clinic:** 1800 614 434

EMERGENCY SUPPORT

In the event of a mental health emergency, or if you are at immediate risk of harm to yourself or others please contact emergency services on **000**





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SOCIAL MEDIA SAFETY GUIDE FOR PARENTS & CAREGIVERS

With children and teens spending more time online, it's important to make sure they're using social media safely. Platforms like Snapchat and TikTok are popular among young people, but they can also expose kids to inappropriate content and potential online dangers. This guide provides key tips to help stay informed and support your students in navigating social media safely.

UNDERSTAND HOW TO BLOCK AND REPORT ON TIKTOK AND SNAPCHAT

TikTok

- **Blocking Users:** If someone is bothering your child, they can block them. To do this, go to the user's profile, tap the arrow in the top corner, then select "Block."
- **Reporting Content:** If your child sees inappropriate or harmful content, they can report it. Tap the "Share" button, select "Report," and follow the prompts.
- **Privacy Settings:** Go to "Settings" > "Privacy" to manage who can see their content, comment, and send messages. Encourage your daughter to keep their account private, which helps limit interactions to approved followers.

Snapchat

- **Blocking and Removing Friends:** Go to the person's profile, tap the three dots, and select "Block" or "Remove Friend" to prevent unwanted messages.
- **Reporting Content:** To report inappropriate content or behaviour, press and hold on the snap or chat message, tap "Report," and choose a reason for reporting.
- **Privacy Settings:** Ensure your daughter's location and public profile settings are set to "Friends Only." In

"Settings," go to "Privacy Controls", "See My Location" and make sure it's set to "Ghost Mode" or "Friends Only" to protect their privacy.

Safety Tips for TikTok and Snapchat

- **Avoid Sharing Personal Information:** Remind your child not to share personal details like their home address, school, or phone number in their profiles or posts.
- **Turn Off Location Tracking:** On Snapchat, location tracking can be turned off with "Ghost Mode," and TikTok doesn't use location tracking. It's important to double-check settings to ensure location features aren't activated.

What Parents Can Do to Help Protect Their Kids

- **Download the Apps and Explore Them Together:** Understanding how Snapchat and TikTok work will help you have more meaningful conversations with your child.
- **Use Built-In Parental Controls:** TikTok has a feature called Family Pairing, allowing you to link your account to your daughter's to set screen limits and manage privacy settings. Snapchat also allows parents to monitor friend lists and content settings.
- **Encourage Reporting:** Remind your child that it's okay to block or report anyone who makes them feel uncomfortable. Reporting helps keep social media spaces safe for everyone.

REPORTING:

eSafety is Australia's independent regulator for online safety.

<https://www.esafety.gov.au/report>

Police - QLD

<https://www.police.qld.gov.au/safety-and-preventing-crime/r-u-in-control/cyber-bullying>