



MY PLACE IN A DIGITAL WORLD

Monday 6th June, 2022 at 7:00PM – 8:00PM (AEST)

Registration link: <https://bit.ly/TISATHLETES>

EVENT FOR ATHLETES AND THEIR PARENTS

The digital world knows a lot about you. In this session, participants will uncover how online actions shape our identity and how we may be perceived by others.

Athletes and parents will gain knowledge of how technology can play a healthy and unhealthy role in their lives and the proactive ways to take control of their digital footprints. They will explore strategies for managing their physical, social and emotional wellbeing and be reminded of their responsibilities as online citizens and members of the sporting community.

This event will be a timely opportunity to revisit help seeking strategies, including ways to manage and report cyber-bullying as well as consent and image-based abuse.

WHAT YOU WILL LEARN

- ✓ The Cyber Safety Project Methodology: *Plan, Prevent & Protect*
- ✓ Social networking trends and managing social interactions.
- ✓ Strategies for finding a healthy digital balance.
- ✓ Taking control of your online privacy and security.
- ✓ cyberbullying, image-based abuse and help seeking strategies.
- ✓ Establishing and maintain a positive digital reputation.

PROUDLY PRESENTED BY

THE CYBER SAFETY PROJECT



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Lead Cyber Safety Educator



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Cyber Safety Project has been endorsed by the eSafety Commissioner as a Trusted eSafety Provider.

