

Useful websites for further reference:

www.acma.gov.au - Website of the Australian Communications and Media Authority which covers all forms of electronic communication.

www.aftab.com - Parry Aftab is a US lawyer, child advocate and expert in all aspects of cyber law, best practices, cyberbullying and cyber harassment, cybercrime and privacy. She is also a risk-management and best practices consultant and advisor to the leaders of the internet and digital technology industries.

www.amf.org.au - Alannah and Madeline Foundation's website. Links to the great eSmart schools program and other good information.

www.bullying.com.au - Website of Melbourne psychologist and bullying expert Evelyn Field. Evelyn also specialises in assisting the adult victims of bullying especially in the workplace.

www.bullying.org - Established in 2000 by teacher and anti bullying advocate Bill Belsey the site contains good solid information about all bullying including cyber bullying.

www.bullyingnoway.gov.au - Australian Government anti bullying website which has information about all forms of bullying including cyberbullying. Links to the National Safe Schools Framework.

www.ceop.gov.uk - The website of the Child Exploitation & Online Protection Centre UK which is part of the National Crime Agency. World renowned in their work in the field of child online exploitation, the website is one of my favourites. Great information, the best

videos and links to other useful sites. Follow on Twitter or Facebook for regular updates.
Highly recommended.

www.communications.gov.au - Australian Government website for all things digital. Visit here to download the Cybersafety help button and for other useful information including a comprehensive list of apps/websites and the relevant age restrictions.

www.cybersafetysolutions.com.au - My website with contact information, fact sheets and much more. Also my contact details and information about cybersafety education sessions and other services that I offer.

www.cybersmart.gov.au - Australian Government Cybersafety Website. Information for kids, parents and educators including fact sheets, research data and alerts on latest online issues. Links to online reporting and other useful advice.

www.digizen.org.uk - The Digizen website provides information for educators, parents, carers, and young people. It is used to strengthen their awareness and understanding of what digital citizenship is.

www.education.vic.gov.au - The website of the Department of Education & Early Childhood Development in Victoria. Of particular note is the cyberbullying portal where you will find useful information including fact sheets and online scenarios of common problems to work through. Click on the *Bully Stoppers* icon on the main page to get to the correct part of the site.

www.netsmartz411.org - NetSmartz411 is a parents' and guardians' online resource for answering questions about Internet safety, computers, and the Web. You can search the knowledge base for answers to many questions or if you can't find what you're looking for, you can use the "Ask the Experts" tab to send them a question.

www.pewinternet.org - a fact tank of interesting and accurate information about many trends affecting American Families, but of particular interest is the internet or cyberspace research topics. Sign up for regular newsletters. Very relevant to Aussies.

www.saferinternet.org.uk - The UK Safer Internet Centre is coordinated by a partnership of three leading organisations; Childnet International, the South West Grid for Learning and the Internet Watch Foundation. Lots of good information and you can sign up for regular newsletters or follow on Twitter

www.thinkuknow.co.uk - Excellent cybersafety program initially designed to teach children about online predators but now includes other online issues. Whilst there is an Australian version, I prefer the information on the UK site. Be aware however that the Click CEOP reporting function is ***not*** valid here.

www.wiredsafety.org - WiredSafety is the largest and oldest online safety, education, and help group in the world. Originating in 1995 as a group of volunteers rating websites, it now provides one-to-one help, extensive information, and education to cyberspace users of all ages on a myriad of Internet and interactive technology safety, privacy and security issues. Whilst some information is USA specific, most is relevant regardless of where you are from. Founded by leading cybersafety expert and lawyer Parry Aftab (see above).

Mental Health & general websites:

www.blackdoginstitute.org.au - The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

www.butterflyfoundation.org.au - The Butterfly Foundation represents all people affected by eating disorders and negative body image – a person with the illness, their family and their

friends. Butterfly operates a national support line, which is staffed by trained counsellors experienced in assisting with eating disorders.

www.eheadspace.org.au - eheadspace is a confidential, free and secure space where young people 12 - 25 years or their family can chat, email or speak on the phone with a qualified youth mental health professional

www.headspace.org.au - Headspace is the National Youth Mental Health Foundation which provides help to young people who are going through a tough time. With 55 centres around Australia, Headspace can help with general & mental health, counselling.

www.kidshelp.com.au - Kids Helpline is Australia's only free, private and confidential, telephone and online counselling service specifically for young people.

www.moodgym.anu.edu.au - A free self help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.

www.oyh.org.au - Orygen Youth Health (OYH) is a world-leading youth mental health organisation based in Melbourne, Australia. OYH has three main components: a specialised youth mental health clinical service; an internationally renowned research centre; and an integrated training and communications program.

www.parentline.com.au - Parentline provides support, counselling and parent education for the cost of a local call. Visit this site for the relevant links to the page for your state or territory. It operates 8am - 10pm 7 days per week.

www.reachout.com.au - ReachOut.com is Australia's leading online youth mental health service, where you can get the help you need, where and when you need it.

www.youthbeyondblue.com - This is the young person specific arm of beyond blue.