

Martine Oglethorpe
Speaker & Educator

Safe & Smart Kids in a Digital World

**HELPING PARENTS, FAMILIES
TEACHERS & STUDENTS
INCORPORATE TECHNOLOGY
INTO THEIR DAILY LIVES WITH
HELP, UNDERSTANDING &
REALISTIC STRATEGIES**

MARTINE OGLETHORPE

Teacher, Counsellor, mother to 5, passionate about helping families and kids make the best decisions around the use of technology, gaming and devices. Available for speaking on a range of topics to help raise smart and savvy digital kids.



PARENTS

Information sessions

STUDENTS

Presentations &
Student workshops

TEACHERS

Presentations & PD

EVENTS & CONFERENCES

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As our families become immersed in technology and the digital world, it is imperative we arm parents with the necessary information, skills, strategies and perspective in order to help steer both themselves and their children through the myriad of information, that often threatens to overwhelm.

My talks will offer a comprehensive but relevant overview of what our children are facing right now, and what that will mean for them in the future.

Suitable for schools, corporates, sporting groups, mothers groups, kindergarten and preschool communities. Below is an overview of some of the areas that can be covered:

Kindergarten/preschool Parents

- *Think your kids are too young? Think again*
- *The importance of getting it right early*
- *How much screentime is too much?*
- *What screentime is appropriate for a preschooler*
- *Teaching kids tech boundaries without tears & tantrums*
- *Balanced play*
- *Avoiding future problems*

Secondary School Parents

- *Homework versus social networks*
- *Building self esteem away from the screens...more than likes and followers*
- *Creating a positive digital footprint*
- *The 'gamer' child...avoiding obsession & addiction*
- *Sexting, porn and keeping it real*
- *Mean kids, drama and cyberbullying*
- *Helping kids make the right decisions*

Primary School Parents

- *How are kids using the technology?*
- *What apps are kids using? Are they safe? • Coping with inappropriate content*
- *Your child loves video games? How to keep it under control*
- *Avoiding tech tantrums*
- *Privacy, predators and reputation*
- *Why parents are the key to safe and smart digital kids*
- *How to enforce boundaries, limits & keep the balance*
- *Strategies to teach kids the skills they need to make the best decisions online*



Obviously there is some crossover with many of these topics and all talks can be tailored to the specific needs of your audience

Presentations and workshops are offered to all students from Primary school through to Secondary school. Whilst many kids are understanding the 'rules' around technology, there are many other elements of being safe and smart online that require ongoing teaching and support. Once again sessions can be tailored to the specific needs of a year level or a combination of year levels.

Lower/middle primary

- *public versus private worlds*
- *who are you talking to?*
- *being kind online, knowing how to respond*
- *digital footprints*
- *keeping gaming under control*
- *balanced play & learning*

Upper primary/secondary

- *public versus private worlds*
- *digital footprints*
- *mean, nasty or bullying*
- *Privacy and predator*
- *creativity versus consumption*
- *obsessed with gaming or devices?*
- *self esteem away from screens*
- *more than likes and followers*
- *dealing with emotions online*
- *surviving social media*
- *digital distractions*

Obviously there is some crossover with many of these topics and all talks can be tailored to the specific needs of your audience.

Daytime student workshops can also be followed by parent sessions at night



Teachers, along with parents, play a crucial role in how our kids navigate the digital world. Fostering the social and emotional wellbeing of young people in order for them to be in the best place possible, to learn and thrive throughout their adolescent journey and beyond, must be a priority.

Below are some examples of presentation topics and a few snippets of what can be expected.

Self Esteem & Social media: more than likes & followers

The effects of growing up in public, and how we can best nurture positive mental health and self esteem, both with and without the screens.

- What is the connection between self esteem and social networks?
- How much of adolescent identity is derived from their online profile?
- How much of their life offline will determine the outcomes of their connected worlds? How can we help?

Gaming for good and avoiding the bad

Video games and game playing is often viewed as one of the negative offshoots of developing technology, and certainly they have been known to cause much frustration with many parents.

This presentation looks at:

- the gaming industry today
- the appeal of video games, are they addictive?
- the social and emotional, physical & cognitive benefits of game playing
- the risks of obsessive game playing
- online gaming and kids, strategies to keep it safe
- keeping game playing under control

Growing up public

Whilst the role of parents, teachers and even kids hasn't fundamentally changed in recent decades, the playground in which we are raising our children certainly has. It is for this reason that we need to have a real understanding of what it means to be a child today in order to help them stay safe and make smart decisions.

- Online versus offline, public versus private
- Narcissists or new normal?
- What are kids doing online today?
- Understanding the challenges of growing up in a digital world

Dealing with drama, bullying and trolls

- What is mean and nasty and what is bullying? Why should we differentiate?
- A melting pot of emotions and identity, helping with online interactions
- Building resilience to tackle trolling
- Teaching emotional correctness

Please note, any subjects can be integrated or customised to suit requirements of audience, timing, content requests etc.

"As part of our week long series of workshops for parents, students and teachers on digital citizenship, Martine provided a presentation on a range of practical strategies for parents on how to navigate the world of technology with their children. Martine encouraged parents to talk regularly with their children about digital issues, and recommended the early implementation of rules and boundaries. The feedback was extremely positive from parents"

'As a non tech-savvy parent with a very tech-savvy almost 10 year old, I am personally walking in a mind field on a daily basis. Martine's presentation not only provided a depth of understanding about the IT world that our children today are living in, but some fantastic strategies (many of which I have since implemented) to help manage and 'control' their involvement in a way that also allows them to expand their knowledge base (and to some degree my own!).' Thank you so much for a great presentation!"

Julie Sengelman, Executive Officer APFACTS. APFACTS is the peak non-government school parent voice for the ACT, proudly built by parents for parents to have an active voice in education issues.

"Martine came to our school during Stay Smart Online Week to speak to our parents and students at our school assembly. Martine engaged the audience and spoke in a way that reached out to both parents, teachers and students. She helped to summarise key learning and provide parent and student friendly tips for staying smart, safe and responsible online in easy to understand language. Martine was a pleasure to deal with and an utmost professional."

Krystal Hide Classroom Teacher, Mill Park Primary School.

Thank-you Martine!

We really appreciate you coming to our school to enlighten us with all your fabulous info!

I have received very positive feedback not just from parents, but our teachers too! Everybody was highly impressed with your advice, professionalism and engagement and we would love to see you again!!

Ringwood Heights Primary School



Some clients I've worked with...

Critical Agendas Teachers Conference, Brandon Park PS, Blackburn Lake PS, Warranwood PS, Australia Post, Whitehorse Primary School, StPhillips PS, Larch St Kindergarten, APFACTS, Mill Park PS, Interactive Gaming and Entertainment Assoc, Eastmont Preschool, Cara Armstrong PreSchool, TAC, St Martins PS, Victorian Parents Council and many more

Media



Herald Sun

