

SECASA Primary Prevention Program

SOARR – Safety Online and Respectful

Relationships Program (For ages 11–15)

Bookings: SECASA_Schools_Program@monashhealth.org



Objectives:

SOARR is designed for students aged 11 to 15 years as they begin to explore more online content and connect with others online. The primary objective is to empower all young people with the knowledge and skills necessary to understand their rights and responsibilities. SOARR addresses a wide range of challenges young people encounter online.

Emphasis is placed on cultivating respectful online relationships, safeguarding user's personal safety, and ensuring safety of others in the digital space. Additionally, the program educates young people about current legislation relevant to online activities, with a specific focus on fostering safe and responsible engagement with online content. SOARR is designed to build students' resilience, develop their skills to safely navigate the online environment safely and securely, and equip them with the knowledge of where to seek help if needed.

Tips for Parents:

- Conversation about staying safe should be ongoing.
- It's much better to have small conversations more often, than one big talk.
- This will help you to reinforce key points and to adapt the message as your child gets older.
- Once you're ready to talk, you might find your child isn't. That's OK. The most important thing is to not force the issue, but ensure your child know they can talk to you.
- Weaving simple conversations about staying safe into daily routines is a great way to stop it sounding like a lecture, making it feel easier for you too.

Key Topics:

- Online Safety
- Social Media Restrictions
- Online Grooming
- Sexting and Sextortion
- Cyberbullying and Privacy
- Digital Footprints
- Affirmative Consent

Resources:

- Kids Helpline – [here](#)
1800 55 1800
- eSafety Commissioner – [here](#)
- SECASA – [here](#)
03 9928 8741 – Business hours
1800 806 292 – After hours

