

# Jack Changes the Game

Accompanying home learning activity for parents and carers

**AGES 5-8**



**Trigger warning:**

*Trigger warning: This activity pack concerns online child sexual exploitation and online grooming.*

*If you need help or support, please visit [www.acce.gov.au](http://www.acce.gov.au).*



# HOW TO USE THIS HOME LEARNING ACTIVITY PACK

This home learning activity pack will help parents and carers teach their child about online grooming in an age-appropriate way.

The activity pack includes a video of Tess Rowley, author of *Jack Changes the Game* reading the book aloud.

The book is also available online for parents and carers to read with children.

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 The following information is for parents/carers only.

## What parents/carers need to know about online grooming

Online grooming is when an adult makes online contact with someone under the age of 16 with the intention of enabling their sexual abuse.

In cases seen by the Australian Centre to Counter Child Exploitation, offenders often use the direct message or 'chat' within online games or social media apps to contact a child.

As part of the grooming process, offenders will then often encourage the child to continue chatting with them on other platforms, especially those with image or video sharing.

Online grooming offences happen during chat. A child may be coerced into undertaking sexual acts online and to keep it a secret.

No physical contact between an adult and a child has to take place for police to get involved.

Children who 'meet' someone online don't necessarily consider them 'strangers'. To them, the person may be just another real friend, particularly if a young person has been groomed to believe this.

# JACK CHANGES THE GAME

## Watch:



[Click here to play](#) or you can view the [Auslan version here](#).

## Read:



[Click here to read the eBook.](#)

# QUESTIONS & CONVERSATIONS

! The following information is for parents/carers only.

After reading *Jack Changes the Game* your child might have questions about Jack's experience.

Your child might ask why Jack was asked by someone to send photos of himself with no clothes on.



It's important these questions are handled in an age-appropriate way. Your child should know they can always come to you, or another trusted adult, for help if this happens to them.

## **"Why would someone ask for photos of me with no clothes on?"**

Some ways to answer this question:

- People who ask children to send photos of themselves with no clothes on are doing the wrong thing. They are also breaking the law.
- People online may try and trick children by pretending to be their 'friend'.
- They may say they will give you something or ask you to keep a secret. This is them trying to trick you into doing something you know is unsafe.
- No one should ever ask you to send photos or videos of yourself without clothes on.
- And no one should ever show you photos or videos of themselves like this to you.
- If something like this happens to you, tell a trusted adult straight away. You won't be in trouble.
- A trusted adult can help you and make it stop.
- If you do send the other person something, you need to ask for help from a trusted adult as soon as you can so they can make sure you are safe.

# QUESTIONS & CONVERSATIONS

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## Recognising when something isn't right...

If your child is talking online with people they don't know in-person, they may be at risk of inappropriate contact.

While not every online interaction leads to online grooming, it is important to know when something doesn't seem right.

This includes:

- Someone from an online game wants your child to 'add' them on a different app
- Someone online might say their microphone or web camera doesn't work (meaning your child won't be able to hear or see they have been talking to someone who is not who they say they are)
- Someone online asks personal questions (name, age, address etc.)
- Someone starts to introduce sexual language in chat.

If you notice any of these, it is important to make a report to the Australian Centre to Counter Child Exploitation (ACCCE).

## In-person and online friends

A good way to start teaching children about online safety, is to teach them the difference between in-person friends and online friends.

In-person friends are people we have physically interacted with.

For children in this age group, this usually includes neighbours, friends from school or members from their sporting team. We physically see and speak with in-person friends, so we know their real name and approximate age.

Online friends are described as people who we only talk to online using a device such as a phone, tablet or gaming console. Online friends might not use their real name, age or photos. We have also not met them in-person before.

The driving message for children is '*not everyone online is who they say they are*'. This emphasises that it is easy for someone to pretend to be someone else online.

For example, a child might be playing an online game with someone they are led to believe is their own age. In reality, that person may be an adult.

This is why it's so important for children to learn from an early age the difference between in-person and online friends.

It's also important for them to know that if they're communicating with someone online and they start to feel unsafe or unsure, they should tell a trusted adult.

# QUESTIONS & CONVERSATIONS

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## Supervision from parents and carers

It's important to take time to check-in with what your child is doing online. Supervision is critical to help prevent online harm.

Here are some ways to help with supervision at home:

### Start with an open and honest conversation.

Ask your child:

What type of apps or online games do you play?

Do you play with friends you know in-person?

What's your favourite app or game and why?

Can you show me how it works?

### Do a privacy check-up

Work together with your child and check the privacy settings on the different apps or games your child uses. You might like to schedule in a routine privacy check-up to make sure these are still in place.

### Children should use connected devices in open areas such as the kitchen or lounge room.

Not behind closed doors like bedrooms or bathrooms where parents or carers aren't present.

### Check on the chat.

Think about turning off chat features. This is recommended for younger children. If your child is playing an online game, think about having the volume up so that you can hear what is being said.

If your child is chatting with other people during an online game, make sure they know to keep the topic on the game. Help them develop strategies to deal with inappropriate chat.

Open and honest discussions about technology are important. These should start from a young age.

Our Family Online Contract can help with online safety discussions at home. This can be found [here](#).

# ACTIVITY 1

## CHOOSE YOUR CHAT

This activity should be done with adult supervision.

This activity is an example of a chat during an online game.

Work with your child to practice how to respond to messages from other people online.

Choose from the pre-prepared responses, or work with your child to come up with their own.



My name is Hugh.  
What's ur name

Do u want a game token? I will send now

Where do you live??

Lets play together again. Add me as a friend



# ACTIVITY 1

## CHOOSE YOUR CHAT

My name is \_\_\_\_\_

I don't want to speak to you

I live in \_\_\_\_\_

Go away. I am telling my parents

Thanks. I want a game token

No!

How can I add you as a friend?

I am going to block you.

### Ask your child:

- What information should you never tell anyone online?
- Would you feel bad telling someone 'no' even if they seemed like a new friend? Why or why not?
- Why should we chat only to our in-person friends?



## ACTIVITY 2

# SMART USERNAMES

When joining online games, your child may need to create an account with a username, avatar, or profile.

A **'smart username'** is a username that doesn't give out any personal or identifying information. This means that we aren't giving out information such as our real name, age, or location.

A 'smart username' makes it harder for someone online to work out information about your child.

**Some of Jack's friends have 'smart usernames'.**

**Talk to your child about smart usernames and explain to them how this means that real names or ages are kept private.**

**Look at the different characters in the story and find out their 'smart username'.**



**Next, work with your child to complete and play the smart username cube activity.**

The aim of this activity is to teach children ways to create a smart username.

- When the cube is rolled, it will land on a prompt
- Your child should take three turns in rolling the cube and write down answers to the prompt
- Combine all answers and your child has created their own smart username.

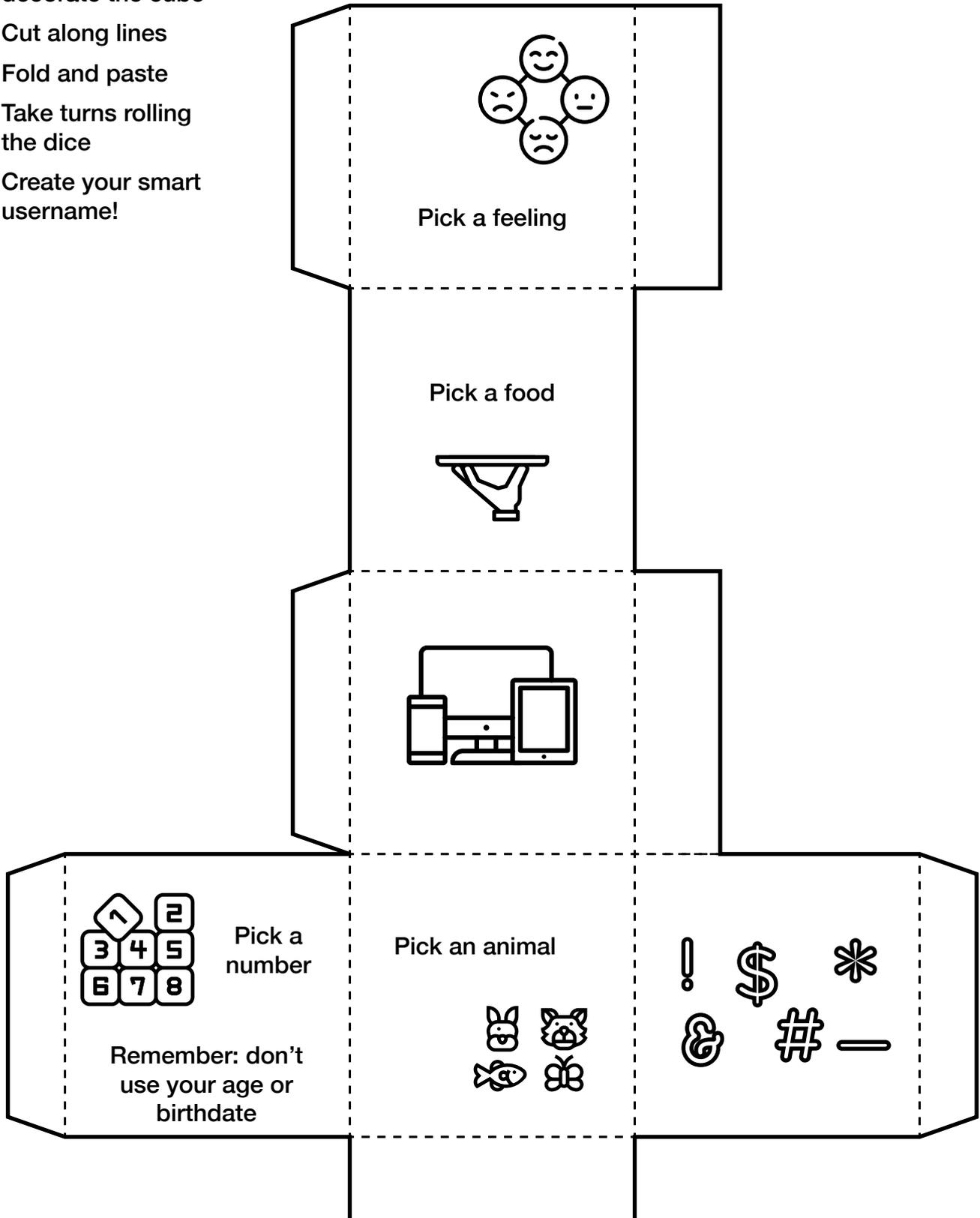
The finished product can be kept as a smart username generator that your child can use when signing into games.

This will help to make sure they are creating usernames that don't give out personal information.

# ACTIVITY 2

## USERNAME CUBE

1. Colour and decorate the cube
2. Cut along lines
3. Fold and paste
4. Take turns rolling the dice
5. Create your smart username!



## ThinkUKnow's tips:

1

**Supervise** your child.  
Know what they are doing online

2

Have regular age-appropriate **conversations** about online safety

3

**Teach** your child strategies for responding to online chat

4

**Encourage** your child to ask for help

5

**Avoid** taking devices away. Children see this as punishment and won't ask for help in the future.

## If your child discloses they are a victim of online child sexual exploitation:

### Do

- ✓ Make sure your child is safe
- ✓ Listen and believe
- ✓ Stay calm
- ✓ Be open and approachable for when your child is ready to talk
- ✓ Collect evidence, this includes screenshots, URLs and usernames
- ✓ Block contact from the person who has contacted your child
- ✓ Report to the Australian Centre to Counter Child Exploitation [www.acce.gov.au/report](http://www.acce.gov.au/report)  
Your report will be looked at by specialist investigators from the Australian Federal Police
- ✓ Seek professional support services.

### Avoid

- ✗ Dismissing your child's experience (for example – telling them to just switch their device off).
- ✗ Reacting with anger. This can prevent a child from coming forward for help.
- ✗ Taking devices away. This can be seen by a child as punishment, and can prevent them coming to you for help.
- ✗ Blaming your child for what has happened. A child is never to blame for being a victim of online child sexual exploitation.

## GETTING HELP

Online child sexual exploitation, including online grooming, can be reported to the [Australian Centre to Counter Child Exploitation](http://www.acce.gov.au).

**If a child is in immediate danger, call 000.**

The [ThinkUKnow website](http://www.thinkuknow.org.au) has information and resources to prevent online child sexual exploitation as well as how to report and get help.

If you become aware of explicit content that has been posted online, including child sexual abuse material, report the site to the [eSafety Commissioner](http://www.esafety.gov.au).

[Kids Helpline](http://www.kidshelpline.com.au) is a free, confidential telephone and online counselling service for young people between 5 and 25 years old.

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