



# P R O J E C T c·nnect

the *Carly Ryan* foundation.

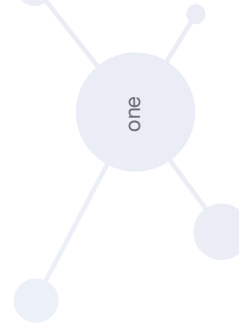
Carly Ryan was 15-years-old when she was murdered by an online predator. It was the first crime of its type in Australia, occurring in 2007 when social media was a new phenomenon and paedophiles were starting to infiltrate the online space. Determined to help prevent harm to other innocent children and families and to help them navigate their online journey safely, Carly's mum Sonya incorporated The Carly Ryan Foundation in 2010.

Our children are using the internet daily to connect with each other and the world around them. It is important to empower students to make wise choices, to look after their digital reputation and keep themselves and others safe while navigating the internet, apps and forming their own relationships both online and offline.

The Carly Ryan Foundation with support from The Department of Social Services and the Government of South Australia is offering workshops in each state of Australia. These detailed seminars will be offered to Year's 5 to Year 12 school students. We will also provide seminars for parents and the community.

Our sessions provide connection and positive outcomes throughout each state we visit. The Carly Ryan Foundation is a certified online safety program provider under the Office of the eSafety Commissioner's certification scheme.

The harm-prevention charity is based in Carly's home state of South Australia but presents its education program '*Project Connect*' nationally. The team will deliver the seminars throughout the year while balancing its political advocacy work which has already seen '*Carly's Law*' introduced into the Commonwealth Criminal Code last year and in SA this year.



# Online Safety

The topics include the following information:

- *Online safety*
- *Cyber bullying*
- *Impact of online pornography*
- *Online support - opportunities vs risks*
- *Awareness*
- *Managing self*
- *Emotional intelligence*
- *Resilience*
- *Critical thinking*
- *Understanding the law*
- *Image based abuse*
- *Respectful relationships*
- *Communication*
- *Empowering young people*
- *Practical guidance*
- *Connection to support services*





## Online Safety Presenters

The online safety sessions will be delivered by trained presenters.

The Carly Ryan Foundation's approach is about building on the emotional intelligence of young people, enabling them to make better choices, have respect for others, build resilience and enable positive communication.

The Foundation visits schools nationally, where the team educates about the benefits of connecting online as well as the potential risks inherent through internet interaction.

Sonya Ryan, Founder & CEO delivers parent and community sessions.

Sonya's accomplishments since establishing the Carly Ryan Foundation in 2010 include:

- *SA Australian of The Year 2013*
- *Human Rights Award Finalist 2017*
- *UAE Fatima bint Mubarak Mother of the Nation Award 2018*

Sonya is a member of the Online Safety Consultative Working Group with eSafety Commissioner, Julie Inman Grant. The Working Group was established to provide advice to the Federal Government on cyber safety issues. In addition, Sonya is a member of the eSafety and Mental Health Steering Group bringing together leading mental health and eSafety bodies including The Carly Ryan Foundation.

This group is developing a consistent messaging and research framework as well as an incident response plan to ensure that the media, the government and relevant individuals have rapid access to best practice and evidence-based guidance.

An initiative of the eSafety and Mental Health Steering Group is the eSafety and Wellbeing Directory. This directory brings mental health resources together in one place to make it easier for all Australians to get the right information and support when they need it. <https://esafety.gov.au/wellbeing-directory>

# Healthy Relationships

These sessions will be delivered to students from year 8 to year 12 only.

The topics include the following information:

- *Impact of online pornography*
- *Consent*
- *Coercion*
- *Understanding the law*
- *Protective behaviours*
- *Communication*
- *Respect*
- *Referral services and support*

*\*Please note: Both workshops require 1 hour each for delivery (for a total of 2 hours), however the Healthy Relationships component is not compulsory.*



## Healthy Relationships Presenter

The Healthy Relationships sessions will be delivered by Dr Tessa Opie.  
**[inyourskin.co](http://inyourskin.co)**

Tess has extensive experience in education delivery. Tess has worked as an educator across the government, not-for-profit, and private sectors, and has ongoing experience as a guest lecturer at various universities.

Tess has expertise in exploring sensitive topics with young people in a range of settings, including mainstream schools, alternative education settings, tertiary institutions, juvenile justice facilities, amateur and professional sporting associations, including the Australian Football League (AFL). Additionally, Tess has considerable experience working with highly marginalised young people within a progressive, evidence-based, and non-judgmental framework.

Tess takes a non-censorship approach, promoting robust and pragmatic discussions about sex and relationships that critically explore the impact of our social climate. She takes great pride in encouraging young people to make considered decisions about their behaviour, and develop a healthy and realistic sense of self and 'other'. Tess is a member of the Society of Australian Sexologists Ltd.

# Testimonials

*Your story touched my heart.*

Thank you so much for telling your story and protecting our generation.  
May Carly rest in peace.

*- student*

All the presenters connected authentically and powerfully with students, teachers and parents. We appreciate this vital service, thank you.

*- teacher - community college*

*I am very appreciative of your team*

For putting so much time and energy into a cause that will help us support our children in an online environment.

*- parent*

*Thank you again.*

Your presentation has really moved me and i'm just so appreciative that you're able to channel something so tragic into a direction that will support so many families.

*- parent*

*Thanks again Sonya and your team*

For the great work and informative night for all those who attended.

The impact of this session I think will be far reaching.

*- teacher*

Sonya you are an amazing, strong woman who should be so proud of what you've achieved, you are incredibly inspiring. I learned so much and thought the presentation was so beneficial.

*- parent*

*I am really thankful for the presentation*

Because my feeling is that we ( teachers ) are good at presenting facts in education. But the emotional stuff needs improvement.

I wanted to endorse the great work done by your foundation and to praise the presentation given by Tess as it was respectful, informative and empowering for the students and the staff who attended.

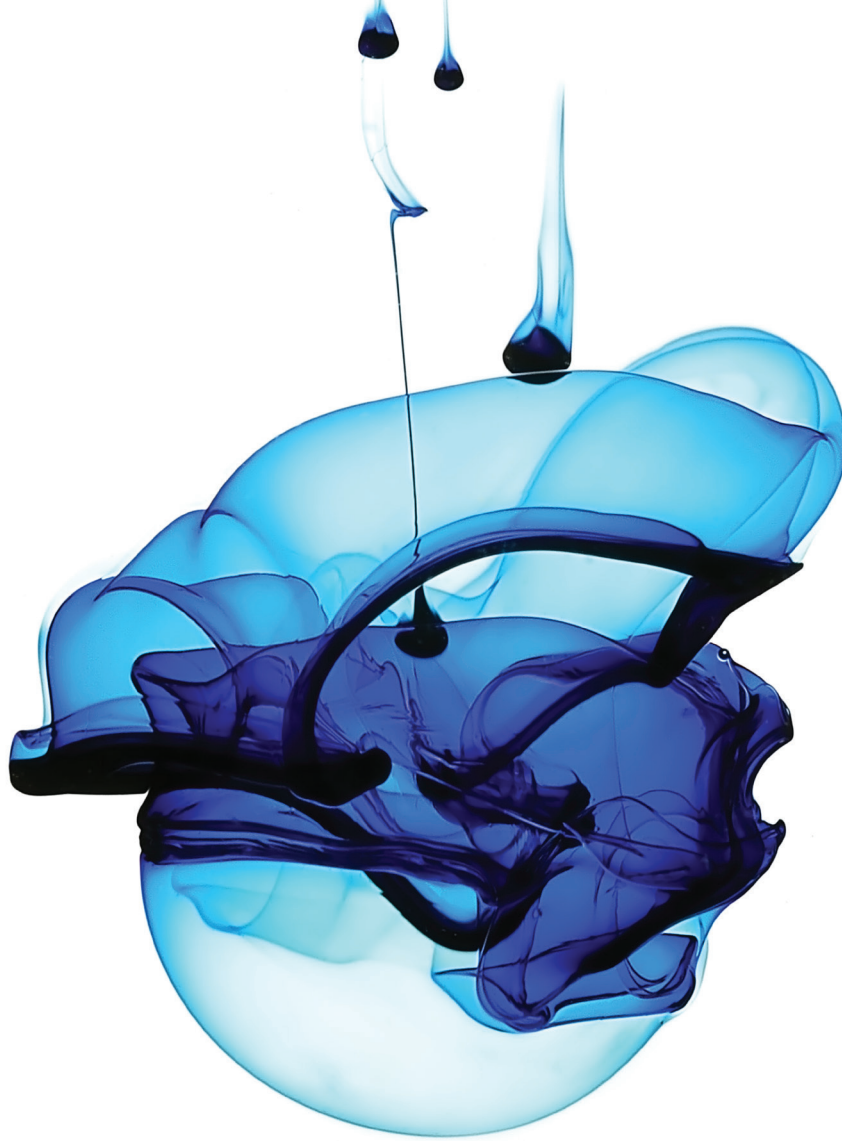
*- teacher, secondary college*

*Highly Recommended*

As a parent I came away feeling more empowered about positive experiences on the internet than I could have imagined.

Very informative and easy to understand. If anything does happen that's not right, I now know exactly where to go for support.

*- parent*



If you are interested in booking a session please contact:

[info@carlyryanfoundation.com](mailto:info@carlyryanfoundation.com)

Spaces are limited.

-  [carlyryanfoundation.com](http://carlyryanfoundation.com)
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**Australian Government**  
**Department of Social Services**



Office of the  
**eSafety Commissioner**



**Government of  
South Australia**