



EPCA
English Parents' Committee
Association of Quebec

SPECIAL EDITION: AI & CYBERSECURITY



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Katherine Korakakis is the President of the English Parents Committee Association (EPCA) and Head of Entrepreneurship at ProMontreal Entrepreneurs (PME), an early-stage VC fund. She has spent over a decade fostering entrepreneurial initiatives in Quebec, particularly through the Youth Entrepreneurship Challenge. Katherine also serves as Vice-President of PME MTL Centre-Ouest, participates on key investment committees, and has co-authored guidebooks on entrepreneurship education, contributing her expertise to various corporate boards.

President's message

Technology, AI, and Working with a New Government

Dear parents,

As technology continues to reshape our children's lives and Quebec enters a new political chapter, one thing remains clear: the well-being, education, and future of our children must remain at the heart of every decision.

Artificial intelligence is advancing at an extraordinary pace, bringing exciting opportunities for learning, creativity, and innovation. At the same time, it raises important questions about safety, privacy, misinformation, and its impact on children's development and critical thinking.

The reality is that technology is evolving faster than the safeguards designed to protect our children. Too often, these safeguards are introduced in response to challenges that have already emerged, rather than being established proactively to prevent potential harm. As AI becomes increasingly integrated into our daily lives, it is essential that we anticipate these challenges and work together to create safer digital environments for children.

Parents have an important role to play in staying informed, engaged, and mindful of how their children interact with AI. This does not mean rejecting technology, but rather embracing its potential responsibly, with appropriate guidance, clear boundaries, and an emphasis on developing independent thinking. Parents should not have to navigate these challenges alone. Governments, schools, families, and technology companies all have a shared responsibility to ensure that children's safety and well-being remain a priority.





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President's message

Technology, AI, and Working with a New Government cont.

A New Political Chapter for Quebec

The October 5 provincial election marked a new political chapter for Quebec, with the Parti Québécois elected to form a minority government.

As we look ahead, this transition presents an opportunity to strengthen public education, foster meaningful dialogue, and build on our shared commitment to student success.

We look forward to working constructively with the new government to ensure that parents continue to be recognized as essential partners in education. A strong, accessible, and adequately funded public education system benefits not only our children and families, but Quebec society as a whole.

Among our priorities are meaningful consultation with parents, predictable funding for schools, timely access to specialized services, and policies that support student success and well-being. Equally important is the continued recognition and protection of Quebec's English-language education system and the vital role it plays in the communities it serves.

As always, I encourage you to stay informed, ask questions, and remain involved in your school communities. Your voice matters.

Warm regards,

Katherine Korakakis
President, English Parents' Committee Association



Students' Learning in the Age of Generative AI

How can parents help their children?

Imagine your child sits down with a science assignment, and twenty minutes later it is done: neat, well organized, full of the right vocabulary. It is easy to feel relieved. But if an AI chatbot did most of the thinking, the page may look better than ever while your child has actually learned very little.

This is the quiet risk of AI in schoolwork. A finished assignment used to be fair evidence that a child had worked through the material. Now it can be produced without the effort that learning depends on. Children often cannot tell the difference themselves, because an answer they have read and agreed with feels like an answer they know. Understanding why this happens, and what parents can do about it, starts with one skill researchers see as central to all learning.

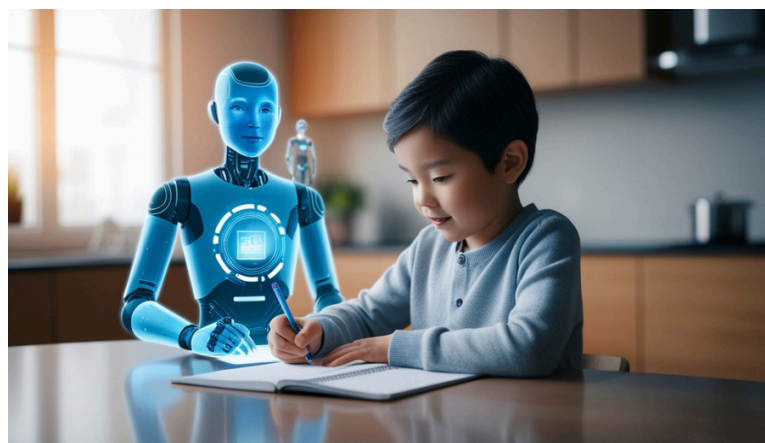
The skill that matters most: learning how to learn

Researchers call it metacognition: thinking about your own thinking. It means planning how to tackle a task, checking along the way whether you really understand, and judging at the end whether your answer is any good. Metacognition is what turns a student into an independent learner. It is built only through practice, by struggling a little, noticing what they don't yet understand, and fixing it.

What the research shows

In a 2025 experiment, students who used ChatGPT on a task produced better work than those who did not, but they did not learn more. The researchers called this "metacognitive laziness": the students let the tool do the planning, checking, and evaluating for them. Their output improved. They did not.

A calculator is a useful comparison: both are learning aids, but with one important difference. A calculator handles the arithmetic, while the student still decides how to solve the problem and whether the answer makes sense. An AI chatbot can take over that part too: the reasoning and judgment that schoolwork is meant to build.



Students' Learning in the Age of Generative AI

cont.

The effect is not the same for every child. Multiple recent studies have found that students who already plan and check their own work benefit from AI. Students who do not yet have those habits gain almost nothing. AI can widen the gap between strong and struggling learners.

The good news: how a student uses AI matters more than whether they use it. Another recent study found deeper learning when students used AI to build and test their own understanding, and none when they simply copied its answers.

What parents can do

You do not need to be a tech expert to help. These habits work at any grade level.

- **Ask for the explanation, not the answer.** "Walk me through how you got this" is the simplest test of real learning. If your child cannot explain it without the screen, the learning has not happened yet.
- **Try first, then ask AI.** Encourage your child to attempt a problem or draft on their own before turning to a chatbot. The struggle is where the learning happens.
- **Use AI as a study partner, not an answer machine.** Asking it to make practice questions, quiz them, or explain a concept a different way is very different from asking it to write the assignment.
- **Teach healthy suspicion.** AI tools sound confident even when they are wrong, and they sometimes invent facts and sources. Ask: "How do you know this is right? Where could you check it?"
- **Talk about plans and checks.** Before homework: "What's your plan?" After: "What part was hardest? How sure are you about your answer?" These questions build metacognition directly.
- **Praise the effort and the thinking, not only the finished product.** A messy draft your child truly wrote is worth more than a perfect one they didn't.
- **Know your school's rules.** Ask what AI use each teacher allows, and help your child follow it honestly, including saying when they used AI.

AI is here to stay, and learning to use it well is a real skill. The goal is not to keep children away from it. It is to make sure that, at the end of the school year, the knowledge is in their heads and not just on the page.

When the Homework Can Write Itself: How AI is Changing the Way Teachers Assess Learning

For generations, school assessment has rested on one simple assumption: the work a student hands in shows what that student has learned. An essay shows they can build an argument. A lab report shows they understood the experiment. Generative AI tools such as ChatGPT break that assumption. In a few seconds, they can produce a fluent, original, well-organized answer to almost any assignment.

This is different from earlier tools. Spell-checkers and grammar aids polish writing a student has already done. An AI chatbot does the writing itself. For the first time, the thinking a homework task was meant to build can be handed over whole.



Why "just catch them" doesn't work

Many people assume schools can simply detect AI-written work. The research says otherwise. A 2023 study tested 14 AI-detection tools and found them neither accurate nor reliable, and easy to fool by lightly rewording the text. Teachers do no better: in one study, experienced readers identified AI-written text correctly less than half the time, even when warned to look for it.

Bans have the same weakness as detection: they cannot be enforced. That is why many educators now say prevention matters more than policing.

How AI is Changing the Way Teachers Assess Learning

cont.

What good assessment looks like now

If the finished product no longer proves the learning behind it, teachers need to see the thinking itself. Across schools and universities, four practical shifts are emerging.

- **Grade the process, not just the product.** Outlines, rough drafts, annotated revisions, and short in-class writing let teachers see how a student's ideas developed.
- **Ask students to explain their work out loud.** A two-minute conversation — "Why did you choose this example?" quickly shows whether a student understands what they submitted.
- **Make judging quality part of the task.** Some teachers now give students an AI-written answer and ask them to find its mistakes, check its facts, and improve it. This builds the skill AI most easily erodes: telling good work from weak work.
- **Set clear rules for each assignment.** Instead of a blanket ban, teachers state where AI is allowed (brainstorming) and where it is not (writing the final answer), and ask students to say how they used it.

What this means for families

You may notice more in-class work, more oral presentations, and more marks for drafts and reflection. These changes are not a sign that teachers distrust your child. They are how schools make sure a report card still means what it says: that your child can actually do the work.

If your child's school or teacher has an AI policy, ask to see it, and read it together. A short conversation at home about when AI helps and when it gets in the way supports what teachers are trying to do in the classroom.



How To Create a Google Gemini Study-Planning Assistant

Use Google Gemini to help turn school emails, deadlines, and calendar commitments into a manageable study plan. You can also schedule recurring check-ins, so Gemini prepares updated study summaries for you.

Important limitation

Gemini can prepare recurring updates, but that is not the same as continuously monitoring every new email or automatically maintaining a live study calendar. Its access to Google apps and its ability to take actions depend on your account, settings, and available features.

Step 1 – Prepare your Google tools

Gemini

Open Gemini

You will use it to organize school information, prioritize work, and build the study schedule.

Google Calendar

Make sure exams, extracurricular activities, and existing commitments are recorded.

Gmail and Google Drive

These may provide assignment instructions, teacher emails, study guides, and review documents if the relevant apps are available and connected.

Step 2 – Connect the relevant apps

- Open Gemini and sign in to the Google account you intend to use. You can either request access to your child's account or, if permitted, login directly to their class account.
- Open Settings > Connected Apps (the exact wording may vary).
- Review the available connections and enable only the apps you need.
- Start a chat and use @ to select an available app, such as Gmail, Google Calendar, or Google Drive. Ask Gemini to retrieve specific school-related information and check the sources it provides.

Parent tip

Check which account holds the school information. Do not assume Gemini can access your child's separate account simply because you have connected your own apps.

How To Create a Google Gemini Study-Planning Assistant

cont.

Step 3 – Create your study-planning assistant

Copy and paste this prompt into Gemini, then customize the details for your family.

Act as a study-planning assistant for a high school student.

Help me create a realistic, manageable study schedule using relevant school-related information available through my connected Gmail, Google Calendar, and Google Drive.

Your responsibilities:

1. Identify upcoming exams, assignment deadlines, projects, and other school commitments from the information I authorize you to access.
2. Organize tasks by subject, due date, importance, and estimated effort.
3. Build a weekly study schedule around school hours, extracurricular activities, family commitments, breaks, and adequate sleep.
4. Break large assignments and exam preparation into smaller, achievable tasks.
5. Recommend active-recall practice, practice questions, and spaced review.
6. Flag missing information, conflicting deadlines, and subjects that may need extra attention.
7. Provide a brief daily checklist and a weekly overview.

Rules:

1. Never invent exam dates, assignments, or teacher instructions. Flag anything uncertain for confirmation.
2. Do not delete, move, or create calendar events without explicit approval.
3. Do not send emails or contact teachers.
4. Keep the workload balanced and age-appropriate.
5. Explain what needs attention today and what can wait.

Start by identifying the next two weeks of relevant school commitments and asking me to confirm any missing exam dates or priorities. Then propose a study plan for my review.

How To Create a Google Gemini Study-Planning Assistant

cont.

Step 4 – Set up recurring study check-ins

In Gemini, ask it to schedule a recurring action. For example:

Every Sunday at 5 p.m., prepare a study-planning update for the upcoming school week using the relevant information available through my connected Google apps.

Summarize upcoming exams, assignments, deadlines, and calendar commitments. Compare them with the current study plan, identify new or changed priorities, and recommend adjustments.

Provide a day-by-day checklist with realistic study blocks, breaks, and review time. Flag any new information or dates that need confirmation.

Do not make changes to my calendar automatically. Present proposed changes for review and approval.

To schedule it, submit the prompt at gemini.google.com. If supported on your account, Gemini will confirm the scheduled action. You can manage it under Scheduled or Settings & help > Scheduled actions, depending on your interface. Scheduled actions require Keep Activity to be enabled, and availability varies by account.

Step 5 – Protect your child's information

Use limited access

Connect only the apps necessary for study planning. Confirm that you have permission to access the account and school information.

Review privacy settings

Check Gemini Apps Activity and the current data-use policy before sharing school information. With Keep Activity enabled, some chats may be reviewed by humans and used to improve Google services, depending on Google's applicable policies and settings.

Keep a parent in the loop

Review study plans and calendar changes. Avoid sharing passwords, sensitive personal details, or confidential school records.

How To Create a Google Gemini Study-Planning Assistant

cont.

What to expect

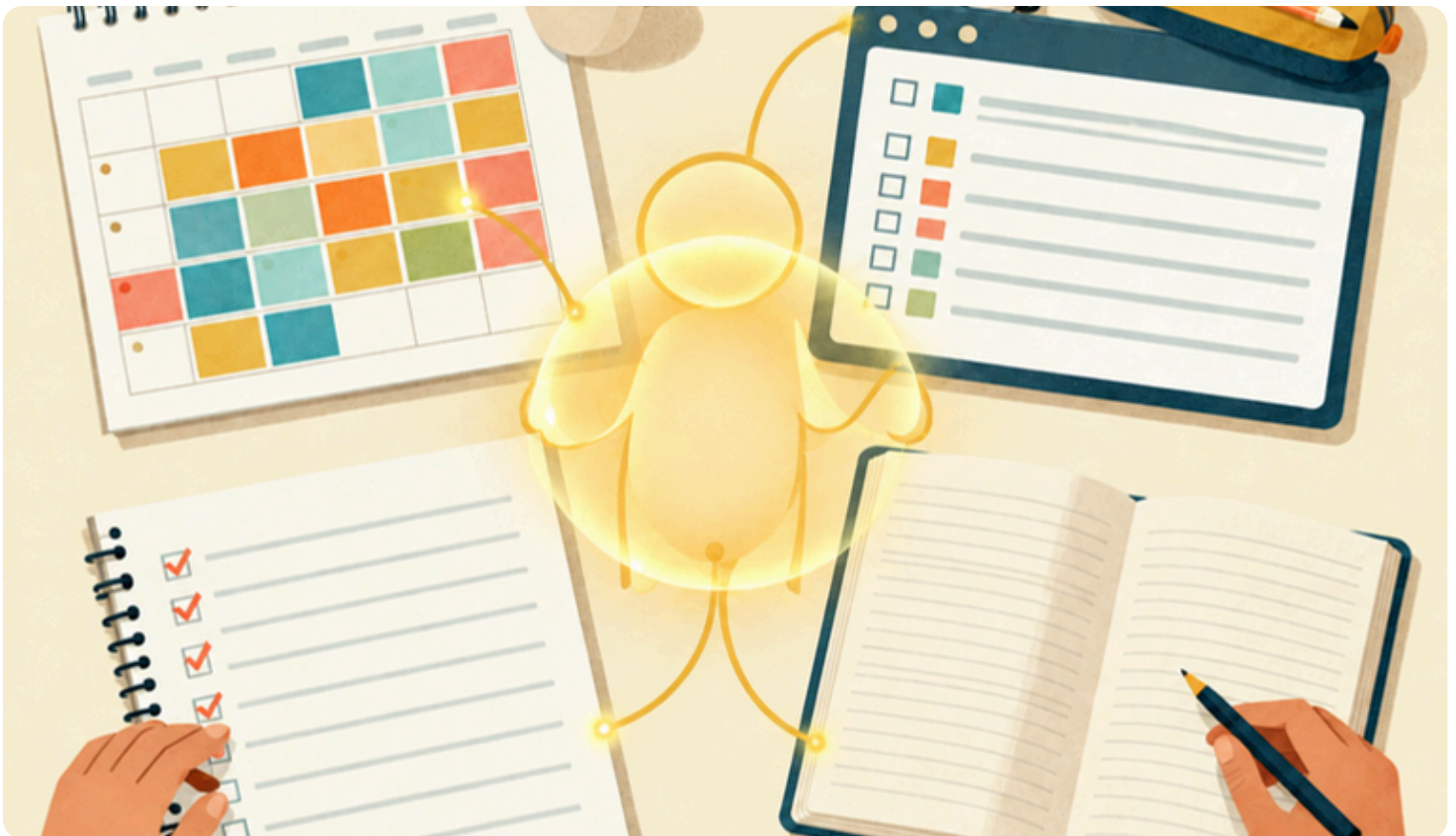
- Daily: A checklist of what to study and what is due.
- Weekly: A refreshed plan based on information Gemini can access at that time.
- Before exams: A prioritized revision schedule and practice questions.
- When plans change: Ask Gemini to reassess the schedule after new information arrives.

Remember

A recurring Gemini action prepares updates on a schedule; it does not guarantee continuous inbox monitoring or automatic calendar synchronization. Review all dates and recommendations before relying on them.

Official reference

[Google's guide to scheduled actions in Gemini](#)



How AI is Affecting the Job Market and What This Means for Our Kids

Article written by:

Liam Paull

Associate Professor, Department Of Computer Science
University of Montreal

The news surrounding AI can feel very overwhelming these days. Deepfakes and misinformation, systems that could slip beyond human control, data centres that consume vast amounts of electricity and water. Yet for many parents, the question of what kind of job market our children will step into is at the top of the list of worries. The International AI Safety Report, chaired by Montreal's Yoshua Bengio, notes that economists disagree on the magnitude of future impacts.

Bank of Canada researchers found that workers in the jobs most exposed to AI are having a harder time getting hired, and warn that young workers may face higher AI-related labour market risks.” Yet Statistics Canada found that from late 2022 to 2025, employment “generally grew regardless of a job's exposure to AI.

Both of these things can be true. AI hasn't yet caused widespread job losses, but it appears to be making the first rung of some career ladders harder to reach.

Not every job will feel it equally

Statistics Canada sorts Canadian workers into three groups.

- **Most at risk (31% of workers):** jobs where AI could take over many tasks, such as office support, customer service, finance and computer professions. For example, the number of Canadian software developers under 30 stagnated between 2022 and 2025, while older coders gained ground.
- **In between (29%):** jobs AI will reshape but is more likely to assist than replace, such as nurses, teachers, doctors and engineers.
- **Least at risk (40%):** jobs less exposed to AI, including the electrical, construction and maintenance trades. Nobel laureate Geoffrey Hinton of the University of Toronto says it will be a long time before AI matches our physical skills, so “a good bet would be to be a plumber.” Demand is strong: Quebec's construction industry alone expects to need about 17,000 new workers a year through 2030.

But the truth is that it is very hard to predict how these things will evolve. The safest strategy, then, isn't picking the “right” job, but teaching our kids to be adaptable.

cont.

- Protect the hard thinking. Kids still need to read, write and work through problems themselves. In a study of nearly 1,000 high-school math students, those who practised with a ChatGPT-style assistant scored 17% lower than students that did not, while a tutor version that gave hints, not answers, largely avoided the harm.
- Learn how to learn. Employers surveyed by the World Economic Forum expect 39% of workers' core skills to change by 2030. Google DeepMind CEO Demis Hassabis urges students to master “learning to learn,” since they will need to keep learning throughout their careers.
- Double down on the human. Bengio expects human interaction to gain value as other skills are automated, so nurture empathy, communication and teamwork.
- Use AI wisely, not blindly. Teach kids to question AI's answers and to build things with it. Quebec's Education Ministry has issued guidance on generative AI for teachers; ask how your child's school applies it. LEARN, the English sector's resource network, gathers AI resources for parents too.
- Keep every door open. University isn't the only route to a good career; a Diploma of Vocational Studies (DVS) in a trade, offered in English by many of our school boards, is an excellent option.

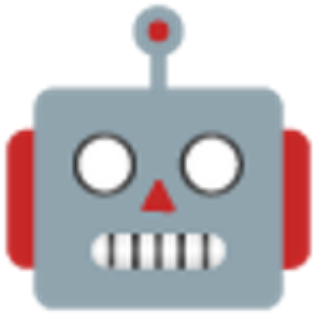


Stop Cyberviolences

Cyberviolence: 3 free resources to support your children

Cyberviolence (bullying, scams, abuse...) has a massive impact on our children's mental health, from a very young age and throughout their digital lives. Nearly half of young people turn to artificial intelligence services such as ChatGPT for personal advice, which can increase their isolation and encourage toxic behaviours.

To help you support your children, we offer 3 free resources:



Monster Messenger: a conversational agent built on content approved by a scientific committee. Directly accessible from your children's mobile phones and within their social networks, it helps them find solutions when they face a difficult situation. Soon, they will also be able to ask our psychologist a question anonymously. A version for parents gives you step-by-step advice to guide them.



Stop Cyberviolences: 4 video pathways to guide you in supporting your children in the face of cyberviolence, with a version for young people and a version for parents. Quizzes show young people they are not alone in going through these situations. A cyberviolence barometer shows what young people actually experience, so they can be better supported.



Monster Moods: a game for computer or tablet for children aged 3 to 9, to teach them to confide in an adult when they face a situation that hurts them. These free resources are developed by the non-profit Stop Cyberviolences and researchers from the laboratories of the Université de Montréal and Concordia University.



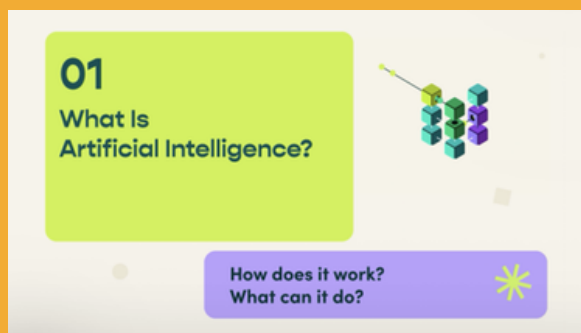
[Discover these resources](#)

Additional Resources

“AI in Education: Is it a Good Thing, or Not?” Video Series

Created by L'École ouverte, in partnership with Obvia and le Ministère de l'Éducation, this resource helps parents foster critical thinking skills as their children become digital users. The series focuses responsible AI use by providing actionable strategies to help parents navigate these tools with their children.

<https://ecoleouverte.ca/ressources/81787>



Youth Digital Compass



The Youth Digital Compass is a program led by Professor Victoria Talwar at McGill University and delivered in partnership with BRP's Ride Out Intimidation program. These resources are aimed to help families navigate online safety and digital well-being while also helping them respond to challenges, such as cyber bullying.

<https://youthdigitalcompass.com/parents/>

Monster Messenger

Monster Messenger is a website and app designed to help parents support their children in navigating online safety concerns, cyberbullying, and upsetting online interactions. It features different “monsters,” each specializing in a particular area, from helping parents initiate conversations with their children to identifying appropriate support services.

<https://monstermessenger.org>



AI and Cybersecurity for Families Webinar



EPCA's very own Dr. Aradhana Choudhuri hosted the workshop titled “AI and Cybersecurity for Families”. During this workshop she discusses why it is important for parents to talk to their children about cyber security while providing practical, actionable steps that they can take.

<https://www.youtube.com/watch?v=EFuYm-Fttjw>

Additional Resources

cont.

Get Cyber Safe

Get Cyber Safe is a resource created by the Government of Canada to educate citizens about cyber security by providing simple actions that everyone can take to protect themselves. While there are many valuable resources available on the website a notable one for parents is the “Keep the kids in your life cyber safe” checklist.

https://www.getcybersafe.gc.ca/en?utm_source=chatgpt.com

KEEP THE KIDS IN YOUR LIFE CYBER SAFE: A CHECKLIST

From schoolwork, to socializing, to gaming, kids are spending **more time online than ever**. Here's a checklist you can go through with the kids in your life to make sure they're being safe during their time online. For more cyber security fun, play **Get Cyber Safe Agency** together to solidify these concepts.

- 1 Make a list of all the devices your kids use that connect to the internet.
- 2 Make a list of all the accounts your kids are using. This includes accounts like social media or gaming, as well as family accounts they might use like streaming services.
- 3 Create **unique passphrases** for each account. Help your family use a **password manager** to secure the passphrases, but make sure the password manager is protected by your strongest passphrase.
- 4 Turn on parental controls for any shared accounts that your kids are accessing. This will make sure that they aren't watching content or using features you don't want them to.
- 5 Enable **multi-factor authentication (MFA)** whenever it's available. When your child signs into one of their accounts, they will be asked for another authenticator like a fingerprint or SMS code. This added layer of security will help keep their accounts secured.
- 6 Ask your kids what websites they visit often. See if any popular threats are associated with those websites and warn your kids what to watch out for. Some threats, like **phishing**, happen all over the internet.
- 7 Set a good example when using your own devices. You never know when they might be watching and what habits they might pick up (like running **software updates**).
- 8 Go through the **kids cyber security checklist** with your kids. Let them take the lead when it comes to getting your whole family cyber safe. They may even be able to teach you a thing or two!

When it comes to helping kids get cyber safe, it's important to **share information** with them about cyber security. Make sure the kids in your life know that you're here to help and let them know they can always ask you if they see anything online they don't understand.

 **EPCA**
English Parents' Committee
Association of Quebec

 Communications
Security Establishment Centre de la sécurité
des télécommunications

 Canada

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Additional Resources

cont.

EPCA PARENT GUIDE · AI AT HOME

Is this AI right for my child?

What to look for at every age — and the questions to ask before you say yes.



Under 6

Together, not alone

ASK

- Is a grown-up right there while it's being used?
- Does it record my child's voice or face — and where does that go?
- Does it work without an account in my child's name?
- Does it have a natural ending, or does it keep going forever?

Watch for: toys and apps that call themselves your child's "friend."

Ages 6–9

Built for kids, on your account

ASK

- Was it designed for children — or is it adult AI with a filter?
- Is it on an account I manage (e.g. Gemini through Google Family Link)?
- Can I see the chats, set time limits and switch it off?
- Does my child know it's a machine — not a person who cares?

Watch for: open-ended chat with no parent dashboard.

Ages 10–12

A study tool, with check-ins

ASK

- Does it guide their thinking, or just hand over answers?
- Can we look through the chat history together?
- Does it make images, or let kids chat with "characters"?
- What does it do if my child says they feel sad or unsafe?

Watch for: secrecy. "Don't tell your parents" is always a red flag.

Ages 13–17

Teen account, linked to yours

ASK

- Is their account linked to mine? (ChatGPT allows this for ages 13–17.)
- Are quiet hours set, and AI training on their chats switched off?
- Are they using AI "companion," girlfriend or boyfriend apps?
- Do they know AI is built to agree with them — and can be wrong?

Watch for: hours of late-night chatting with one bot.

5 questions for **any** AI tool

1

Who built it, and for whom?

Made for kids, or adult AI with a filter added?

2

Where do the chats go?

Stored? Used to train the AI? Shared with advertisers?

3

Can I see it and switch it off?

Parent dashboard, time limits, activity alerts.

4

Does it act like a friend?

Companion and romance bots are not for under-18s.

5

Does it teach, or just answer?

Hints and questions build skills. Finished homework doesn't.

Check the age rule in each app's own terms: many general-purpose AI chatbots are 13+ with a parent's permission, and some are 18+.

Additional Resources

cont.

EPCA PARENT GUIDE · AI AT HOME

AI that helps kids learn

From custom quizzes to self-paced practice: prompts to copy, and tools worth trying.



Prompts that make AI a tutor, not an answer key

Copy, paste and fill in the [blanks]. Works in most AI chat tools.

CUSTOM QUIZ

"Make me a 10-question quiz on [topic] for a Grade [X] student. Ask one question at a time, wait for my answer, and explain any I get wrong."

Testing yourself beats re-reading notes.

STUCK ON HOMEWORK

"I'm stuck on this problem: [paste it]. Don't give me the answer. Ask me questions that help me figure out the next step."

Keeps the thinking with your child.

EXPLAIN AT MY LEVEL

"Explain [concept] for a Grade [X] student. Give me an everyday example, then one question to check I understood."

Great for catching up after a missed class.

STUDY PLAN

"My test on [topic] is in [N] days. Make me a 15-minute-a-day study plan with a quick self-check each day."

Short and spaced beats one big cram.

FLASHCARDS

"Turn these notes into 15 flashcards, question on the front and answer on the back: [paste notes]"

Print and cut, or paste into a flashcard app.

FRENCH PRACTICE

"Let's practise French at a Grade [X] level. Chat with me about [topic], gently correct my mistakes, and keep your sentences short."

Low-pressure practice between classes.

Self-paced tools worth trying

Free practice

Khan Academy — free lessons and practice in math, science and more

Khan Academy Kids — free reading and math play, ages 2–8

Quizzes & flashcards

Quizlet — flashcards and practice tests (free tier)

Kahoot! — game-style quizzes kids can build themselves (free tier)

French & homework help

Duolingo — bite-size daily French practice (free tier)

Alloprof — free Quebec homework help, in French

AI helpers with parent controls

Gemini — for under-13s through Google Family Link; parents can switch it off

ChatGPT — teen accounts (13–17) can be linked to a parent's account

House rules for AI homework help

1

Practise, don't hand in

AI for studying. Their own words for homework.

2

Check the facts

AI can sound completely sure and still be wrong.

3

Stay anonymous

No full name, school, address or photos.

4

Shared spaces

The kitchen table, not behind a closed door.

Ask your child's teacher about the class AI policy — rules can differ by subject and by assignment.

Additional Resources

cont.

FROM THE EPCA CYBERSECURITY WORKSHOP

Cybersecurity in the age of AI

The threats facing our kids have changed fast. Here's what's new — and what to do about it.



What AI changed

1 Sextortion at scale

A real criminal is still behind it — but AI lets one person message hundreds of kids at once and zero in on those who reply.

Do: don't pay, don't delete, stop replying, report to Cybertip.ca.

2 Deepfakes

A few public photos or a short voice clip is enough to fake an image, a video or a phone call.

Do: keep profiles private; agree on a family code word for "emergency" calls.

3 Chatbots that aim to please

Chatbots are built to agree and keep kids talking. A harmless chat can drift, one small step at a time.

Do: know every chatbot your kids use — and read the chats.

4 Criminal AI tools

Unfiltered AI sold to scammers writes flawless phishing. The spelling mistakes kids learned to spot are gone.

Do: teach the rule — urgency plus a link means stop and ask.

5 Games and mods

In-game chat is a common first contact for groomers, and unofficial mods can slip in inappropriate content.

Do: know their games, friends lists and every mod installed.

MISSED THE WORKSHOP?

Watch the full recording

Real Canadian cases, how the technology works, and what you can do.

youtu.be/EFuYm-Fttjw

THE MOST IMPORTANT SENTENCE ON THIS PAGE

"You will never be in trouble for telling me about something online."

Say it out loud. Say it often. Kids who fear losing their phone stay silent.

The 5-minute family checklist

Revisit every 3 months

- | | |
|---|---|
| ☐ Do you know every app and platform your child uses? | ☐ Does every account have a unique password and two-factor authentication (2FA)? |
| ☐ Are location services turned OFF for all social media apps? | ☐ Are all your child's social media profiles set to PRIVATE? |
| ☐ Is YouTube autoplay turned OFF on your child's devices? | ☐ Do you know what mods are installed on their games? (Check the Minecraft mods folder.) |
| ☐ Does your child know they'll never be in trouble for telling you about something online? | ☐ Do you know how to report to Cybertip.ca ? |
| ☐ Is YOUR phone updated, with banking apps secured by 2FA (an authenticator app, not SMS)? | |

CANADIAN RESOURCES — SAVE THESE

Cybertip.ca

Report online sexual exploitation of children

Kids Help Phone

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Free safety guides and conversation starters

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Building Strong Study Habits: Setting Your Child Up for Early Success with Alloprof!

Mission: Alloprof helps students in Quebec to transform academic challenges into successes, thanks to its free, professional, and stimulating services.



September is over, the back-to-school thrill is gone, and the real work of building rock-solid routines that will last all year long now begins! Setting effective study habits early on builds "can-do" confidence. Establishing a consistent routine fosters autonomy and a sense of security, helping students manage their responsibilities without feeling overwhelmed. To discover how structure transforms the learning experience, explore the benefits of a homework routine.

Creating an effective workspace and schedule is the first step towards steady academic progress. Choose a quiet environment free of clutter and electronic distractions, whether that means a calm corner at home, an after-school study period, or the local library.



Core planning principles remain similar across ages: elementary homework focuses on specific teacher guidelines, while high schoolers need to manage recovery hours, extracurriculars, and personal study blocks in their planners. To help your child manage their schedule effectively, refer to our tips to help your child use their school agenda and teach them to break large tasks into smaller, manageable chunks.

To keep study sessions productive and sustainable, set clear limits on time by prioritizing short, frequent review periods over exhausting marathon sessions. Tools like our Motivational Timer can help you implement structured work segments and adjust durations to fit your child's needs, remembering that it is completely fine if homework isn't 100% finished in one sitting.

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Building Strong Study Habits

cont.

Beyond timing, focus on teaching your child how to learn by connecting concepts to real life. Use Alloprof resources such as concept sheets, videos and exercises to structure study sessions and support learning. You can also check out these 10 ways to make studying fun for your child for creative ideas, remembering that success is about effort, growth, and building resilient habits together.



Remember, you and your child don't have to tackle academic challenges alone! When your child needs direct help working through a tough assignment or understanding a concept, they can connect directly with a qualified teacher using our Ask a Teacher tool. Our teachers are available via chat, call or text, Monday to Thursday 9 a.m. to 8 p.m. and Sundays 2 p.m. to 5 p.m. Additionally, if you are facing broader educational obstacles or need advice on supporting your child's learning, you can reach out to an educational specialist via the support service dedicated to parents. Having these direct resources available ensures your family has dedicated support every step of the way. Don't forget, Alloprof is on your team throughout the school year!

Parent Resources

UPCOMING WORKSHOPS



EPCA
English Parents' Committee
Association of Quebec



Save the Date!

EPCA and LEARN are pleased to present a series of free online workshops for parents across Quebec during the 2026-2027 school year.

Led by expert presenters and community partners, these engaging sessions will explore topics that matter to parents and families, offering practical information, helpful resources, and opportunities to learn from specialists in the field.

The workshop series will take place on Tuesdays from 7:00 p.m. to 8:00 p.m. Stay tuned for full session descriptions and registration details.

Upcoming Sessions

- **October 6 & November 3, 2026** - Two-part series with the Centre of Excellence for ASD
- **October 13 & October 20, 2026** - Two-part series with the Centre of Excellence for Mental Health
- **February 16, 2027** - Special session with NFSB Adult and Vocational Education Training Centres

Mark your calendars and join us for these informative sessions designed to support parents and families. Follow us for additional details on topics, presenters, and registration in the coming weeks.

Together, EPCA and LEARN remain committed to providing parents with practical resources, expert guidance, and opportunities to connect with families and communities across Quebec.

Parent Resources



English Parents'
COMMITTEE ASSOCIATION OF QUEBEC



Perspectives in Parenting

LEARN and the English Parents' Committee Association (EPCA) have partnered to offer a series of free webinars for parents and caregivers during the 2026-2027 school year.

TUESDAYS
from 7PM
to 8PM



Centre of Excellence
Lester B. Pearson School Board
Smooth Transitions,
Strong Starts

Oct. 6, 2026 | 7 PM to 8 PM | PART 1
Nov. 3, 2026 | 7 PM to 8 PM | PART 2

FEATURED SPEAKERS:

Eithne Anne Sheeran,
Autism Consultant, LBPSB

Alison Reichert, Consultant for
Inclusive Education, LBPSB

These sessions will equip parents with practical, adaptable strategies to support their child with special needs through school transitions. You will learn actionable tools to help manage transition anxieties, build core coping skills, and set clear, realistic expectations for a confident shift into a new environment.

Suitable for parents of elementary and high school students.



Centre of Excellence for
MENTAL HEALTH

How to Foster Your Child's Ability
to Manage Anxiety, Adapt and Stay
Socially Connected in a Changing World.

Oct. 13, 2026 | 7 PM to 8 PM | PART 1
Oct. 20, 2026 | 7 PM to 8 PM | PART 2

FEATURED SPEAKERS:

Zmira King, Ph.D. O.P.Q. Psychologist,
Co-coordinator of the CEMH

Janna Gillis, MA, Family Outreach & Mental Health
Consultant, LBPSB, Co-coordinator of the CEMH

Parents and other adults play a critical role in helping kids learn how to handle distress, develop problem-solving skills and form healthy relationships.

These sessions will focus on:

- Practical strategies to help parents support their children in developing these skills
- The importance of addressing AI and tech use and its impact on independent critical thinking

Suitable for parents of elementary and high school students.



New Frontiers School Board
Adult & Vocational Education

What If the 'Best Path'
Isn't the One You Think?

Feb. 16, 2027 | 7 PM to 8 PM

FEATURED SPEAKERS:

Brooke Wilson,

Project Development Officer

Joanne O'Hanley, Academic Counsellor

Parents will learn about employment opportunities, salaries, and industry demand across Quebec, while discovering how vocational programs connect directly to meaningful and rewarding careers. The session will also examine topics such as language and accessibility, gender representation in the trades, and the supports vocational centres provide to help students succeed in today's workforce.

Suitable for parents of grade 10 and 11 high school students or any parent who wants to learn more about this pathway.

SECURE YOUR SPOT TODAY AT [LEARNQUEBEC.CA/PARENT-WEBINARS](https://learnquebec.ca/parent-webinars)

Parenting is a journey.
Let's navigate it together.



learnquebec.ca

epcaquebec.org

EPCA
English Parents' Committee
Association of Quebec

Parent Resources



COMMISSAIRE AU BIEN-ÊTRE
ET AUX DROITS DES ENFANTS

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Experienced or Witnessed an Injustice?

ON PEUT AIDER
WE CAN HELP

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Guidance
- **Droits des enfants**
Children's Rights



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Pour les 0-18 ans*
For ages 0 to 18*

* Les jeunes de 18 à 25 ans qui se sentent vulnérables peuvent nous contacter.

* Young people aged 18 to 25 who feel vulnerable can contact us.

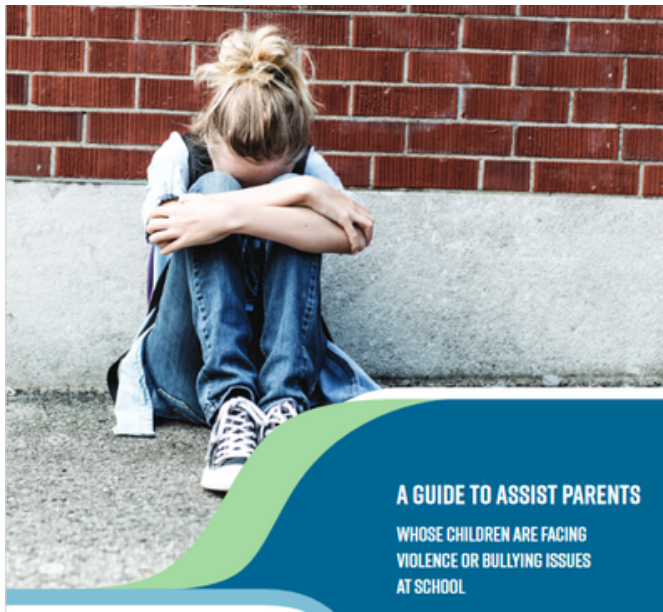
TEXTO
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1-888-944-4455

accueil@enfants.quebec

Parent Resources



The Quebec Federation of Parents' Committees, with support from various partners – including EPCA's President Katherine Korakakis, has put together a guide to assist parents whose children are facing violence or bullying issues at school – click [here](#).

Tutoring



Homework Help



ENGLISH ELIGIBILITY CERTIFICATES

Explainer: What Quebec parents and students need to know about English eligibility certificates: At this [LINK](#) are details on how to apply for a certificate and who is eligible to attend English schools in Quebec.

EPCA MISSION STATEMENT

The English Parents' Committee Association (EPCA) is a coalition of parents' committees of Quebec's English-language public school boards, representing more than 100,00 students in the youth sector.

EPCA advocates for a strong and sustainable English-language public education system to ensure the best possible educational outcomes for our children, while respecting the culture and language of anglophone Quebecers.

To do so, EPCA seeks to engage and motivate parents across Quebec to contribute to strong, representative and effective parent governance, to foster positive relationships with stakeholders across the educational spectrum, and to provide guidance and support to all member organizations.

What would you like to see in
our upcoming editions?

[TELL US HERE](#)

5253, Blvd. Decarie, Suite 309, Montreal, Quebec, H3W 3C3
(514) 778-3722 - epcaquebec.org - president@epcaquebec.org

EPCA STRATEGIC PILLARS

INFORM

Using all communications tools at our disposal, offer up-to-date information on public education initiatives, parent governance interests, best practices and issues management to ensure a healthy, well-engaged anglophone parent community.

CONSULT

Ensure strong, high-quality and consistent feedback mechanisms with members and partners across the English-language public school network through both electronic and in-person methods.

SUPPORT

Provide training and professional development at all levels of parent governance, optimize the sharing of best practices and provide multiple support services for parent committees, governing boards and parent delegates in need.

ADVOCATE

Push for appropriate policy change and improvement through enhanced partnerships with like-minded organizations, Government working groups/tasks forces, and related organizations, through well-considered political positions on behalf of English- Language parents committees across Quebec, taking into account regional difference and the urban/rural divide.