INFORM&EMPOWER

Digital Safety & Wellbeing

Trusted **eSafety** Provider
esafety.gov.au

What did your child learn about at school?

Our choices online leave a digital footprint. This includes actions such as leaving comments, likes, who we follow and what we post.

WHAT YOU POST ONLINE IS POSSIBLY **PERMANENT** AND POSSIBLY **PUBLIC**

It is our responsibility to ensure we keep our online accounts safe.
We can do this by
- having strong passwords
- only sharing passwords with a trusted adult (parent/carer, teacher etc)
- sign out or lock your screen when you're finished
- enabling 2 factor verification

Some conversation starters:

- Have you ever thought about your digital footprint? (Google your names and usernames and see what comes up)

- Have you or someone you know ever felt upset about something posted online? How could 'thinking twice' have helped?

- Apart from me (parent/carer), who else could you talk to if you had concerns online? (Give them permission to talk to a network of trusted adults & Kids Helpline).

Further Support:

eSafety Commissioner

kids helpline
anytime. any reason.