

TIP SHEET FOR PARENTS & CARERS

YEARS F-2
TERM 4, 2023

What did your child learn about at school?

We need to think about keeping a balance between **Screen Time** with **Green Time**. Green time includes all the healthy activities we do that are not on a screen. E.g. sport, dance, bike riding, reading, meditation, board games, time in nature etc.



The internet is like a theme park. Both can be amazing, awesome and fun, but can sometimes be confusing, scary or worrying too.

We don't share personal information online because the internet can be accessed by everyone - and not everyone is who they say they are.



Some conversation starters:

- What are some fun and awesome things you like to do on the internet?
- What are your favourite Green Time activities? Are there any others we could try this week? Something different?
- What are some things about ourselves we should never share with anyone online? Why not?
- Who are your five **trusted adults**? (These could be parents, carers, family, teachers etc.)



WHO COULD IT BE?



SCREEN TIME & GREEN TIME



Further Support:



eSafety
Commissioner



kids helpline
anytime. any reason.