

TIP SHEET FOR PARENTS & CARERS

YEARS 3-4
TERM 3 2024

What did your child learn about at school?

There are times when we might **feel uncomfortable online**. This can happen when messaging, gaming or using any apps or websites.

We always have options to help us **navigate uncomfortable situations online**.



Seek Help



Record/Screenshot



Report



Block/Change settings



Take a Break

Being an **upstander** can include: letting a trusted adult know, reaching out to the person being impacted or calling it out online. It takes bravery to be an upstander.

Some conversation starters:

- Has a friend ever mentioned feeling uncomfortable or upset about something online?
- If you ever felt uncomfortable or upset about something online, what are some options you have?
- Aside from me (parent/carer), where else could you go for help and support?
- How could you be an upstander when you see someone else being made to feel uncomfortable online?

Further Support: