

Digital Safety & Wellbeing



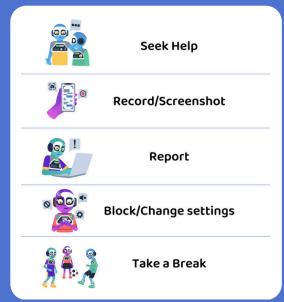
TIP SHEET FOR PARENTS & CARERS

YEARS 3-4TERM 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.



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:



