

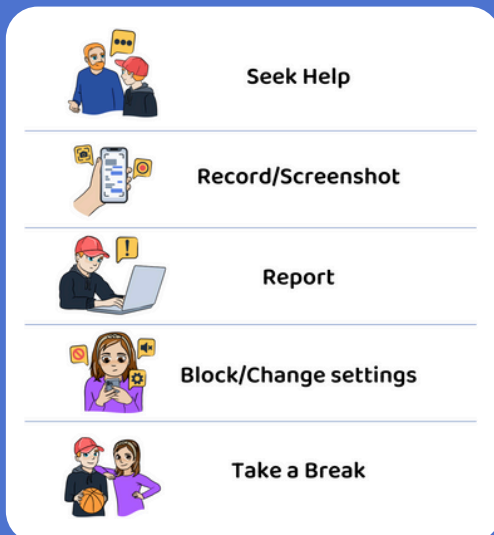
TIP SHEET FOR PARENTS & CARERS

YEARS 5-6
TERM 3 2024

What did your child learn about at school?

There will be times online we **feel uncomfortable**. This could be because of something we've seen or something that's being said to us. It can occur in apps, websites or games.

There are different options we have to **navigate uncomfortable situations**.



One way of being kind & brave online is being an **upstander**. This might be sending a supportive message to someone, calling out hurtful actions directly or telling a trusted adult.

Some conversation starters:

- Can you think of a time when you, or someone you know, felt uncomfortable online?
- Have you ever been on the Kids Helpline website? Let's check it out together.
- Have you ever had to block or report another user? What happened?
- What does it mean to be an upstander? What are examples of things you could do or say to be an upstander?

Further Support: