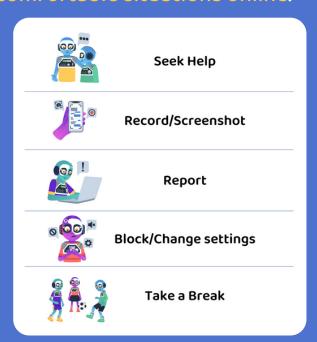# INFORM&EMPOWER
Digital Safety & Wellbeing

TIP SHEET FOR PARENTS & CARERS

YEARS 3-4
TERM 4, 2023

What did your child learn about at school?

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

We have options to 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:

- When have you ever felt uncomfortable online? What happened?

- If you do feel uncomfortable 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: