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Digital Safety & Wellbeing

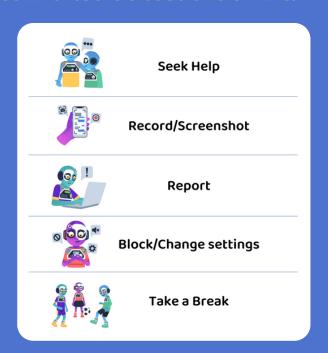
TIP SHEET FOR PARENTS & CARERS

YEARS 3-4 TERM 3, 2023

What did your child learn about at school?

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

We have options to help 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:

- 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:



