

TIP SHEET FOR PARENTS & CARERS

YEARS 5-6
TERM 3, 2023

What did your child learn about at school?

Sometimes we **feel uncomfortable online**. We might be contacted by someone we don't know, or experience uncomfortable feelings when chatting on apps, websites or games.

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



Seek Help



Record/Screenshot



Report



Block/Change settings



Take a Break

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 has felt uncomfortable online?
- If you do feel uncomfortable online, what are some options you have?
- Have you ever had to block or report another user? What happened?
- What does it mean to be an upstander? What are examples of actual things you could do or say to be an upstander?

Further Support: