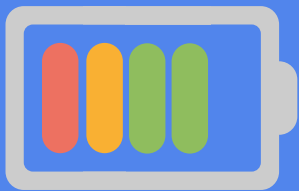


What did your child learn about at school?

There are times when we are made to feel uncomfortable online. This can make us feel like our power is being taken.



We can be **brave** and make choices to take our power back:

- Have a break
- Talk to a Trusted Adult or Kids Helpline
- Take a screenshot
- Block or report the account

It is important to be **kind** online. If we see someone who is feeling uncomfortable online, we can help them get their power back too! This is called being an **upstander**.

YEARS 5/6
TERM 3, 2022

Some conversation starters:

- Why is it important to be **kind** online? How can you do this?
- Can you think of a time where you or someone you know has felt uncomfortable online?
- If you do feel uncomfortable online, what are some steps you can take to navigate the situation and get your power back?
- What does it mean to be an upstander?

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