

INFORM & EMPOWER

Cyber Safety & Digital Wellbeing

YEARS 5/6 | TERM 2, 2026
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- Getting enough sleep is super important for our wellbeing, therefore:



FINISH UP YOUR SCREEN TIME

- Apps and games use many different “addictive features” to keep us online longer - notifications, infinite scroll, streaks, leaderboards, rewards.
- Green Time is the name we give to all the activities we do that are not on a screen. Balancing screen time & green time is crucial for physical, social & emotional health.



- Bedtime routine
- Listen, don't watch
- Turn off notifications
- Phone in different room
- Consistent sleep times

Some conversation starters:

- Why and how does using a screen in the hour before bed affect us?
- What are some of the “addictive features” that are built into games or apps that you use?
- Let's talk green time! What are your top 3 things you're loving doing that right now that are not on a screen?
- [Check out our parody of the song, “Cups”!](#)

Further Support:

