

## What did your child learn about at school?

Sometimes we can feel uncomfortable online. This can happen when chatting or gaming with our friends, or using websites and apps.



If someone is making us feel uncomfortable online, we can block and report them, and tell a trusted adult.

If someone we know is feeling uncomfortable online, we can help! By being an **upstander**, we can support them to resolve the problem.

**YEARS 3/4**  
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## Some conversation starters:

- When is a time you've felt uncomfortable online? What did you do?
- Have you or someone you know ever had something unkind posted about you online? How did it make you feel?
- If you are feeling uncomfortable online, what steps can you take to navigate the situation?
- How can you be an upstander when someone is feeling uncomfortable online?

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