

### Digital Safety & Wellbeing



#### **TIP SHEET FOR PARENTS & CARERS**

**YEARS 3-4** TERM 1 2024

# What did your child learn about at school?

Our actions online leave a digital footprint. This includes actions such as leaving comments, likes, who we follow and what we post.



It is our responsibility to ensure we keep our online accounts safe. We can do this by

- having strong passwords
- only sharing passwords with a trusted adult (parent/carer, teacher etc)
- sign out or lock your screen when you're finished

# Some conversation starters:

- What is your #1 favourite thing to do online at the moment?
- What are some ways you could be aware and clever online?
- Do you have any accounts with passwords that you've shared with others?
  Change them together.
- What could you do if you needed help online? (Have a look at the Kids Helpline website together)

#### **Further Support:**



