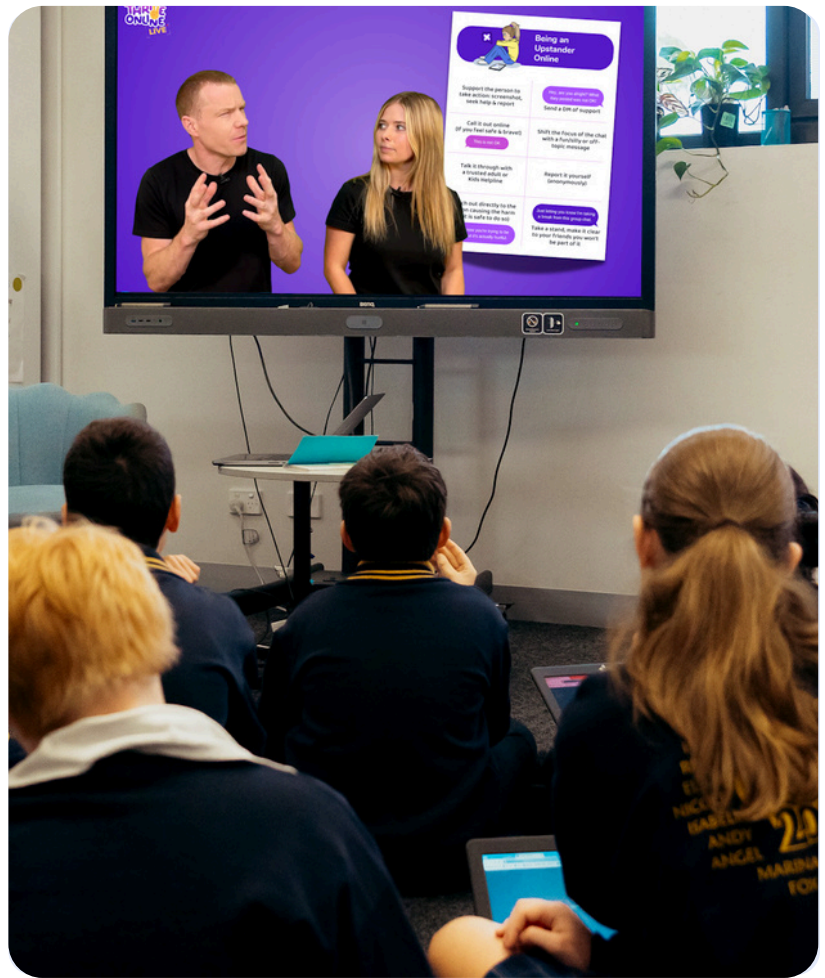


Here's what we covered:

- There will be times online we feel uncomfortable. This could be because of something we've seen or something that's being said to us.
- We have options to help us navigate uncomfortable situations online.
 - Seek Help
 - Record/Screenshot
 - Report
 - Block/Change settings
 - Take a Break
- One way of being kind and brave online is by being an upstander. This might be sending a supportive message to someone, calling out hurtful actions directly or telling a trusted adult.
- Consent, in the context of digital interactions, means asking for and receiving permission from someone before sharing their private photos or personal information online.



Some conversation starters for home:

- Can you think of a time when you, or someone you know, felt uncomfortable online?
- Have you ever been on the Kids Helpline website? Let's check it out together.
- Have you ever had to block or report another user? What happened?
- Have you ever seen other people act as an upstander online? What did they do?
- Why do you think it's important to get consent before sharing a somebody's photo or video?