

What did your child learn about at school?

- The internet is a global network that connects people around the world. We can use it to do things such as online gaming, talking to friends and learning new things!
 - [What Does the Internet Do? song](#)
- We can sometimes get uncomfortable feelings. Our bodies give us early warning signs if something is making us feel uncomfortable.
 - [Listen to Your Body song](#)
- We can always talk to a trusted adult if we notice our early warning signs.
 - [Trusted Adults Song](#)



Some conversation starters:

- What are some fun, awesome and safe things you like to do on the internet?
- What are some of our body's early warning signs? (heart beating quickly, butterflies in your tummy etc.)
- What are some steps you could take when you feel your early warning signs?
- Who are your five trusted adults? (These could be parents, carers, family, teachers etc.)