

TIP SHEET FOR PARENTS & CARERS

YEARS 1-2
TERM 4 2024

What did your child learn about at school?

We sometimes get **uncomfortable feelings** when we're online, such as worried, scared, confused or upset.



3 Simple Steps

1. Remember, it's not your fault
2. Put it down and step away
3. Tell a Trusted Adult

We need to consider other people's feelings when we're online, just like when we're offline. When we do this we are being **kind**.



Some conversation starters:

- Who are your 5 trusted adults? (These could be parents, carers, family, teachers etc.)
- When is a time you have felt uncomfortable online?
- What are some steps you could take when this happens?
- Can we come up with a list of safe and fun online activities, apps & games?

Further Support: