INFORM&EMPOWER
Digital Safety & Wellbeing

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?

INFORM&EMPOWER
Digital Safety & Wellbeing
DAMO Music for Kids

WATCH IT ON YouTube
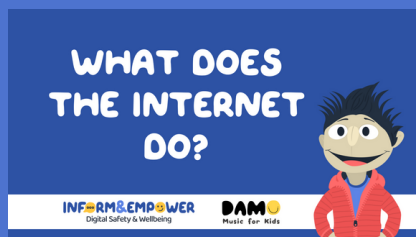
We sometimes get uncomfortable feelings. Our bodies give us early warning signs if something is making us feel uncomfortable or unsafe.

We can always talk to a <u>trusted adult</u> if we notice our early warning signs.

LISTEN TO YOUR BODY

INFORM&EMPOWER
Digital Safety & Wellbeing
DAMO Music for Kids

WATCH IT ON YouTube

Some conversation starters:

- What are some fun and awesome things you like to do on the internet?

- Have you ever felt any of your body's early warning signs? What did you do?

- Who are your 5 trusted adults? (These could be parents, carers, family, teachers etc.)

Further Support: