

# CYBER SAFETY



Healthy families chat about online experiences



No devices in bedrooms



No screens 1 hour before bed



Have a break after 1 hour of play



Only message and talk online with people you know in real life



Balance screen time with green time

## If you are being cyber bullied:

- Remember, it's not your fault
- Do not respond
- Screenshot the evidence
- Block & report the user

Talk to a trusted adult or visit:

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)



**Inform & Empower**

Cyber Safety Education

[www.informandempower.com.au](http://www.informandempower.com.au)