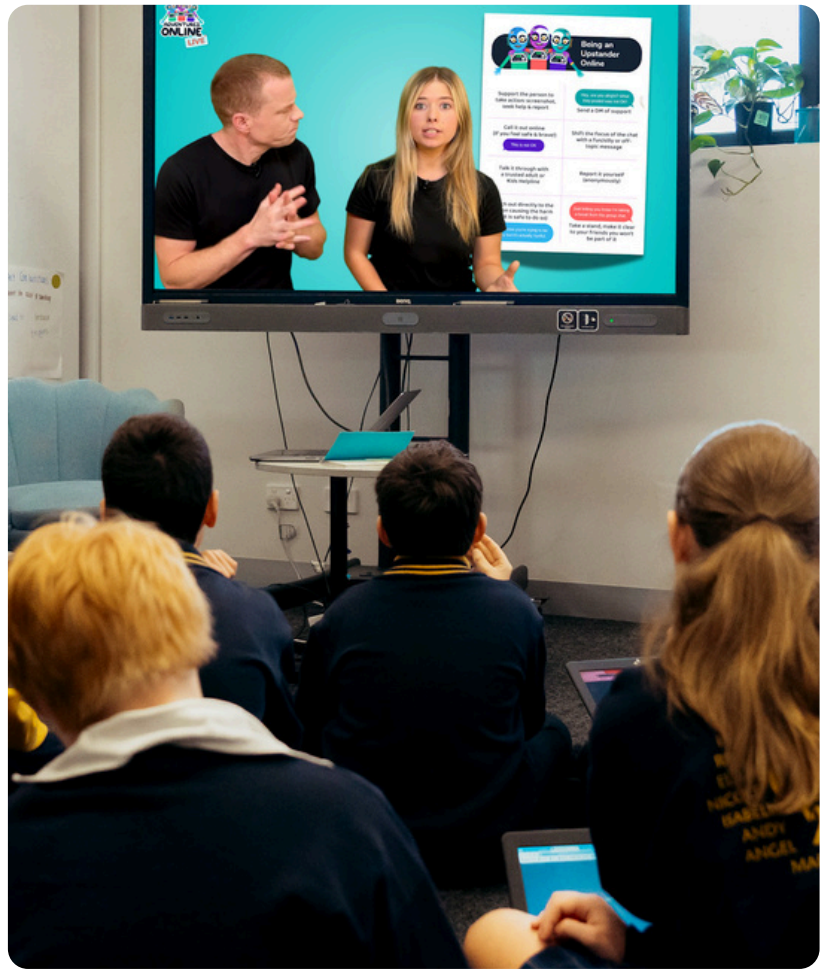


Here's what we covered:

- There are times when we might feel uncomfortable online. This can happen when messaging, gaming or using any apps or websites.
- We have options to help us navigate uncomfortable situations online.
 - Seek Help
 - Record/Screenshot
 - Report
 - Block/Change settings
 - Take a Break
- Being an upstander can include: letting a trusted adult know, reaching out to the person being impacted or calling it out online. It takes bravery to be an upstander.



Some conversation starters for home:

- Has a friend ever mentioned feeling uncomfortable or upset about something online?
- If you ever felt uncomfortable or upset about something online, what are some options you have?
- Aside from me (parent/carer), where else could you go for help and support?
 - Other adults & Kids Helpline website
- How could you be an upstander when you see someone else being made to feel uncomfortable online?