

INFORM & EMPOWER

Cyber Safety & Digital Wellbeing

YEARS 5/6 | TERM 1, 2026

INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- Our choices/actions online leave a digital footprint.
- Our online identity is the opinion people form about us based on our digital footprint.
- It is our responsibility to ensure we keep our online accounts safe. We can do this by
 - having strong passwords
 - only sharing passwords with a trusted adult
 - sign out or lock your screen when you're finished
 - enabling 2 factor authentication (2FA)



Some conversation starters:

- If someone looked at your online activity from the past year, what do you think they'd learn about you?
- Have you or someone you know ever felt upset about something posted online? How could 'thinking twice' have helped?
- Apart from me (parent/carer), who else could you talk to if you had concerns online? (Give them permission to talk to a network of trusted adults & Kids Helpline).

Further Support:

 **eSafety**
Commissioner

 **kids helpline**
anytime. any reason.



Trusted
eSafety Provider
esafety.gov.au