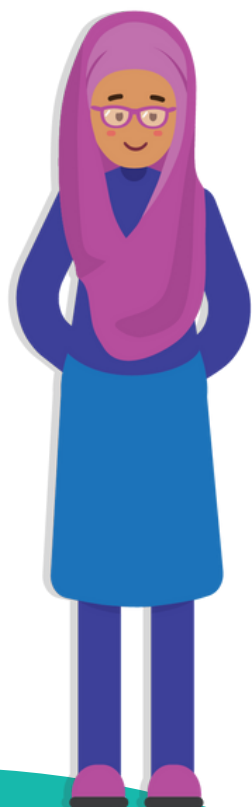# Cyber Safety Project
Year 3 & 4 Session
DIGITAL RESILIENCE
BUILDING STRENGTH & EMPATHY

DIGITAL WELLBEING

YEAR 3 & 4

DIGITAL RESILIENCE: BUILDING STRENGTH & EMPATHY

Our middle years students will explore ways to self manage their screen time.

Students will:

- Tune into what is drawing them back to technology
- Identify techniques app and game developers use to capture and sustain their attention
- Know how to activate settings in their online profiles to help them take control of their technology use
- Recognise the important differences between banter and bullying
- Know the steps they can take to seek help and manage difficult situations online.

DELIVERED BY EXPERIENCED EDUCATORS

TRUSTED BY OVER 250 SCHOOLS

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