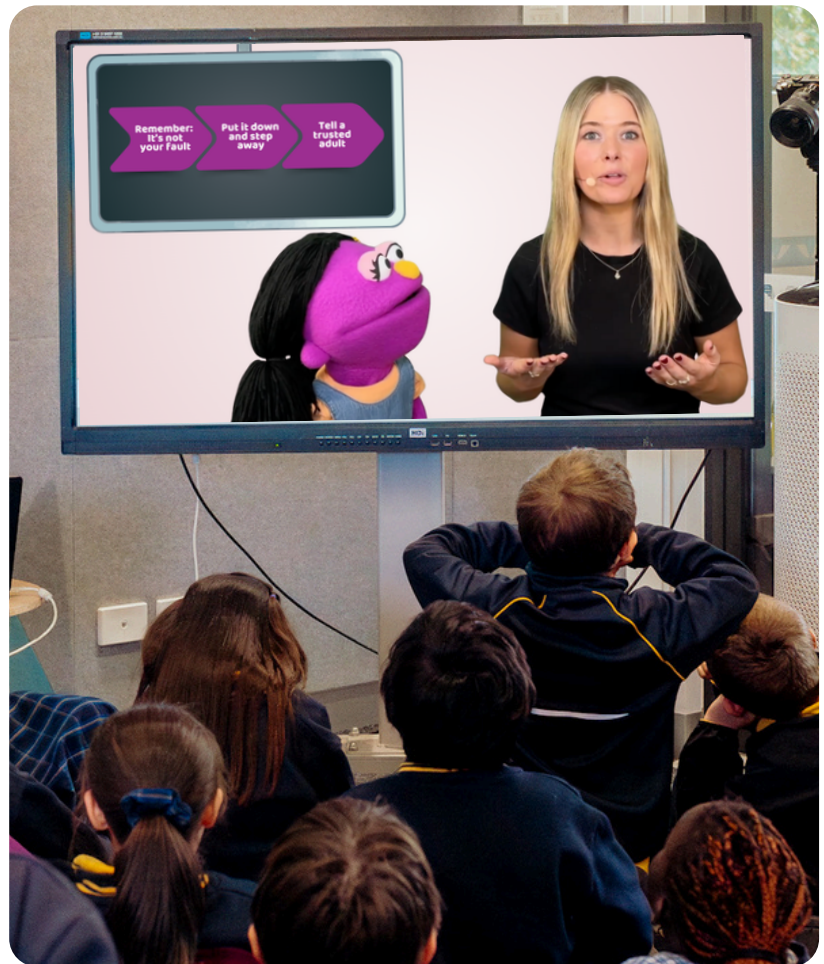


Here's what we covered:

- We sometimes see things online that make us feel uncomfortable (worried, scared, confused, upset etc.)
- If this does happen, there are 3 things to do:
 - Remember: It's not your fault
 - Put the device down and step away
 - Tell a Trusted Adult
- SONG: Feeling Uncomfortable
- Trusted Adults are grown ups who believe us, listen to us, help us and keep us safe.
- SONG: Trusted Adults



Some conversation starters for home:

- Can you name some uncomfortable feelings?
- Are there certain apps, websites or games that ever make you feel uncomfortable?
- What are some steps you could take when this happens?
- Can we come up with a list of safe and fun online activities, apps & games?