

# INFORM & EMPOWER

Cyber Safety & Digital Wellbeing

YEARS 1/2 | TERM 1, 2026  
INFORMATION FOR PARENTS & CARERS

## Here's what we covered:

- The internet is a global network that connects people around the world. We can use it to do things such as online gaming, talking to friends and learning new things!

**SONG:** [What Does the Internet Do?](#)

- We can sometimes get uncomfortable feelings. Our bodies give us early warning signs if something is making us feel uncomfortable.

**SONG:** [Listen to Your Body](#)

- We can always talk to a trusted adult if we notice our early warning signs.

**SONG:** [Trusted Adults](#)



## Some conversation starters:

- What are some fun, awesome and safe things you like to do on the internet?
- What are some of our body's early warning signs? (heart beating quickly, butterflies in your tummy etc.)
- What are some steps you could take when you feel your early warning signs?
- Who are your five trusted adults? (These could be parents, carers, family, teachers etc.)



Listen to all of our songs by searching for "Ollie Online" on Spotify, Apple Music or YouTube.



Trusted  
**eSafety** Provider  
esafety.gov.au