

INFORM & EMPOWER

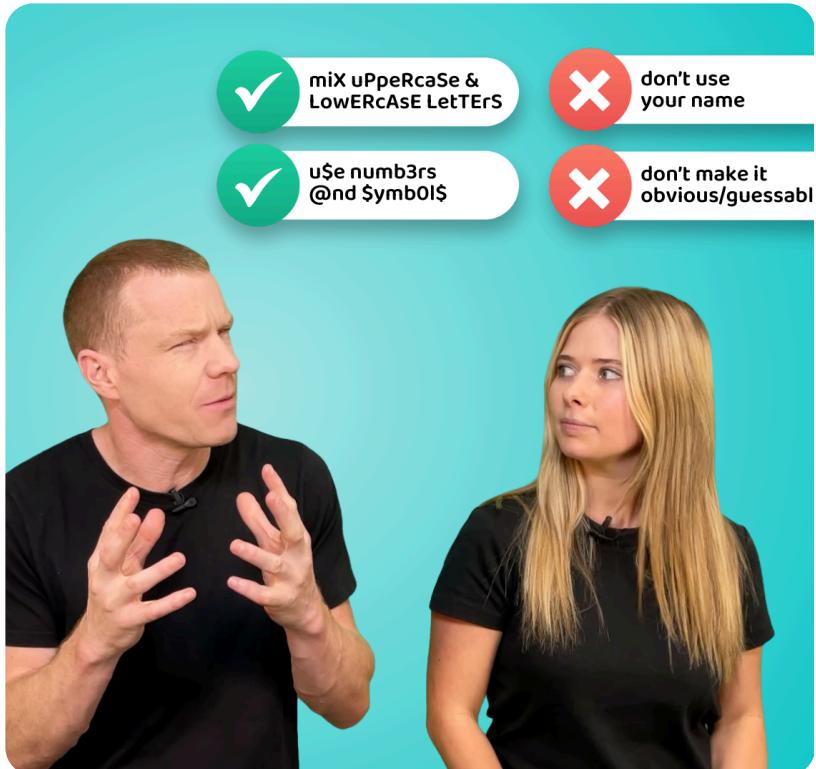
Cyber Safety & Digital Wellbeing

YEARS 3/4 | TERM 1, 2026

INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- Our actions online leave a digital footprint.
- Our online identity is the opinion people form about us based on our digital footprint.
- We can keep our online accounts safer by
 - having strong passwords
 - only sharing passwords with a trusted adult
 - sign out or lock your screen when you're finished



Some conversation starters:

- What is your #1 favourite thing to do online at the moment?
- Can you think of something you've done online recently that might leave a trace behind? (Posting, commenting, searching, gaming chats, liking, sharing)
- Do you have any accounts with passwords that you've shared with others? Change them together.
- What could you do if you needed help online? (Have a look at the Kids Helpline website together)

Further Support:

 eSafety
Commissioner

 kids helpline
anytime. any reason.

 Trusted
eSafety Provider
esafety.gov.au