

INFORM & EMPOWER

Cyber Safety & Digital Wellbeing

YEARS 5/6 | TERM 3, 2026
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- The law can apply to serious online behaviour, including (but not limited to) cyberbullying, threats, and sharing private images without permission.
- We have options to help us navigate uncomfortable situations online.
 - Take a screenshot
 - Block or report
 - Take a break
 - Talk to a trusted adult
- Snitching or dobbing is about trying to get someone into trouble. Help-seeking (or being an upstander) is about trying to get yourself (or someone else) out of trouble.
- Consent means giving permission. Before sharing a photo, video or anything about someone else online, we need to ask for permission and wait for a clear yes.



Some conversation starters:

- Can you think of a time when you, or someone you know, felt uncomfortable online?
- Have you ever been on the Kids Helpline website? Let's check it out together.
- Have you ever had to block or report another user? What happened?
- Have you ever seen other people act as an upstander online? What did they do?
- Why do you think it's important to get consent before sharing a somebody's photo or video?

Further Support:



eSafety
Commissioner



kids help line
anytime.anyreason.



Trusted
eSafety Provider
esafety.gov.au