

Here's what we covered:

- 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:

- Has a friend ever mentioned feeling uncomfortable or upset about something online?
- If you ever feel uncomfortable or upset about something online, what are some options you have?
- Aside from me (parent/carer), where else could you go for help and support? (Other adults & Kids Helpline website)
- How could you be an upstander when you see someone else being made to feel uncomfortable online?

Further Support:

