

Here's what we covered:

- Our screen is like a big city - it can sometimes be unsafe or confusing.
- Not everything on our screen is safe or meant for us.



- Trusted adults can help keep us safe when we're having screen time.



Some conversation starters:

- Why do we hold a trusted adult's hand when crossing the road?
- How can screen time sometimes feel like being in a busy city?
- What does "confused" mean? Have you ever felt confused while using your screen? What did you do?
- Listen to the songs [My Screen is Like a City](#) & [Trusted Adults](#).
- Listen to Karly read ['Jack Changes the Game'](#)

'Jack Changes the Game' is a children's picture book about staying safer online. It was developed by the Australian Federal Police with guidance from some of Australia's leading child protection experts.



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