

Here's what we covered:

- We sometimes see things online that make us feel uncomfortable (worried, scared, confused, upset).
- If this does happen, there are 3 things to do:
 - Remember: It's not your fault
 - Put the device down and step away
 - Tell a Trusted Adult



- Trusted Adults are grown ups who believe us, listen to us, help us and keep us safe.



Some conversation starters:

- Can you name some "uncomfortable" feelings?
- Are there certain apps, websites or games that ever make you feel uncomfortable?
- What are some steps you could take when this happens?
- Can we come up with a list of safe and fun online activities, apps & games?
- Listen to the songs [Feeling Uncomfortable?](#) & [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.