

INFORM & EMPOWER

Cyber Safety & Digital Wellbeing

YEARS 5/6 | TERM 4, 2026
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- Artificial Intelligence can be useful, but if you let AI do all of your thinking, you don't actually get better at thinking.
- 'Red flags' are clues that an online interaction may be unsafe. Red flags include asking to keep secrets, asking to send photos or private information, offering to buy gifts, messaging excessively, sending links, giving excessive compliments, or asking to meet offline.
- People online often share opinions and beliefs in ways designed to influence others. It's important to pause, thinking critically and check in with our own values and beliefs before accepting someone else's point of view.



Some conversation starters:

- When do you think using AI is actually helpful, and when do you think it's better to work something out yourself?
- If you let AI write all your ideas or solve your problems, what skills do you think you'd miss out on learning?
- What sort of places online (websites, games, apps) could you come across unsafe people?
- Have you or a friend ever encountered another player that you thought was 'suss'?
- Have you seen people online sharing or saying things that you disagree with or are not in line with your values/beliefs?

Further Support:



eSafety
Commissioner



kids helpline
anytime.anyreason.



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