

TIP SHEET FOR PARENTS & CARERS

YEARS 1-2
TERM 1 2024

What did your child learn about at school?

The internet is a global network that connects people around the world! We can use it to do things such as online gaming, talking to friends and learning new things!



We sometimes get uncomfortable feelings. Our bodies give us early warning signs if something is making us feel uncomfortable or unsafe.

We can always talk to a trusted adult if we notice our early warning signs.



Some conversation starters:

- What are some fun and awesome things you like to do on the internet?
- Have you ever felt any of your body's early warning signs? What did you do?
- Who are your 5 trusted adults? (These could be parents, carers, family, teachers etc.)



Further Support: