



Digital Safety & Wellbeing

TIP SHEET FOR PARENTS & CARERS

YEARS 5-6 TERM 1 2024

What did your child learn about at school?

Our choices online leave a digital footprint. This includes actions such as leaving comments, likes, who we follow and what we post.

WHAT YOU
POST ONLINE
IS POSSIBLY
PERMANENT
AND POSSIBLY
PUBLIC

It is our responsibility to ensure we keep our online accounts safe.
We can do this by

- having strong passwords
- only sharing passwords with a trusted adult (parent/carer, teacher etc)
- sign out or lock your screen when you're finished
- enabling 2 factor verification

Some conversation starters:

- Have you ever thought about your digital footprint? (Google your names and usernames and see what comes up)
- Have you or someone you know ever felt upset about something posted online? How could 'thinking twice' have helped?
- Apart from me
 (parent/carer), who else
 could you talk to if you
 had concerns online? (Give
 them permission to talk to
 a network of trusted
 adults & Kids Helpline).

Further Support:



