

Keeping healthy and safe online

As you spend more time at home, you might also spend more time using screens — for games, entertainment, schoolwork or other activities. While computers, tablets and mobile phones are all really helpful (and fun), it is important to be safe online and keep a healthy balance of screen-based and off-screen activities.



This presentation will cover:

1. Communicating online
2. Healthy online habits
3. Where to go for help.

There will be questions throughout the presentation.

1. Communicating online

- a) How much time do you think you spent online last week? hours?
- b) Why might the person have written 'you're weird!'?

- c) What feelings might you have after receiving a message like this?

- d) Why might you feel differently if you could see the person?



eSafety's tips to stop misunderstandings online

Tip 1: Try not to get upset! Ask the sender what they mean.

Tip 2: Be careful of what you say and how you say it — it might be misinterpreted (people may not know what you really mean).

Tip 3: Use this 'helping hand' to record who you can go to for help.



2. Healthy online habits

a) What are some of the rules your family has about using computers or gaming?

b) What could you do to remain fit and healthy during this time? List some ideas.

3. Where to go for online safety help?



esafety.gov.au/kids



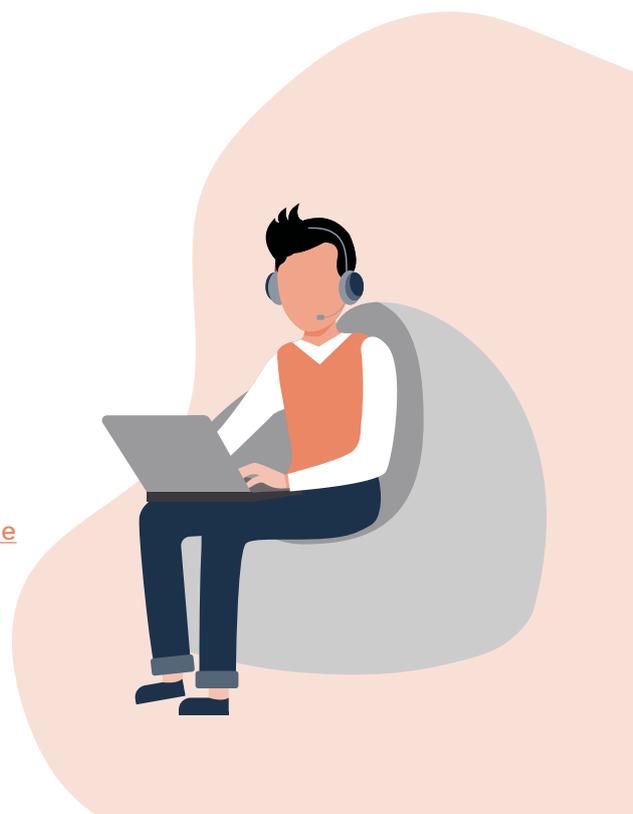
esafety.gov.au/esafety-guide



kidshelpline.com.au



headspace.org.au/eheadspace



4. Homework task

Visit eSafety Kids and use the resources to produce your own tips for keeping healthy and safe online. You can list them below:

5. Other helpful eSafety resources

[Hectors World](#) is a series of cartoon videos with fun ocean characters who are learning how to stay safe online. Hector's World comes with character flashcards, song sheets, storybooks and worksheets. It's great for kids aged 5-9 years.

[Cybersmart Challenge](#) is a set of three animated videos, for kids aged 5-12. These are:

[Cybersmart Detectives](#) — this explores what can happen if someone reveals too much information online and it ends up in the wrong hands.

[Cybersmart Hero](#) — this activity asks kids to step into the shoes of a bystander when there's cyberbullying.

[Cybersmart Forever](#) — looks at safe practices for sharing online.

[Lost Summer](#) is a downloadable app for 8-12s which follows a group of kids who are running drone racing championships. Playing as different characters, dealing with cyberattacks and drone racing competitions, players make decisions for their character as the story progresses.



eSafety's tip

As with everything, make sure you ask your parents before you start a download.

6. More online safety help

If your parents or carers would like to know more, they can sign up to receive online safety information including new resources, details of online safety issues, events, blogs and the latest research at esafety.gov.au/subscribe