

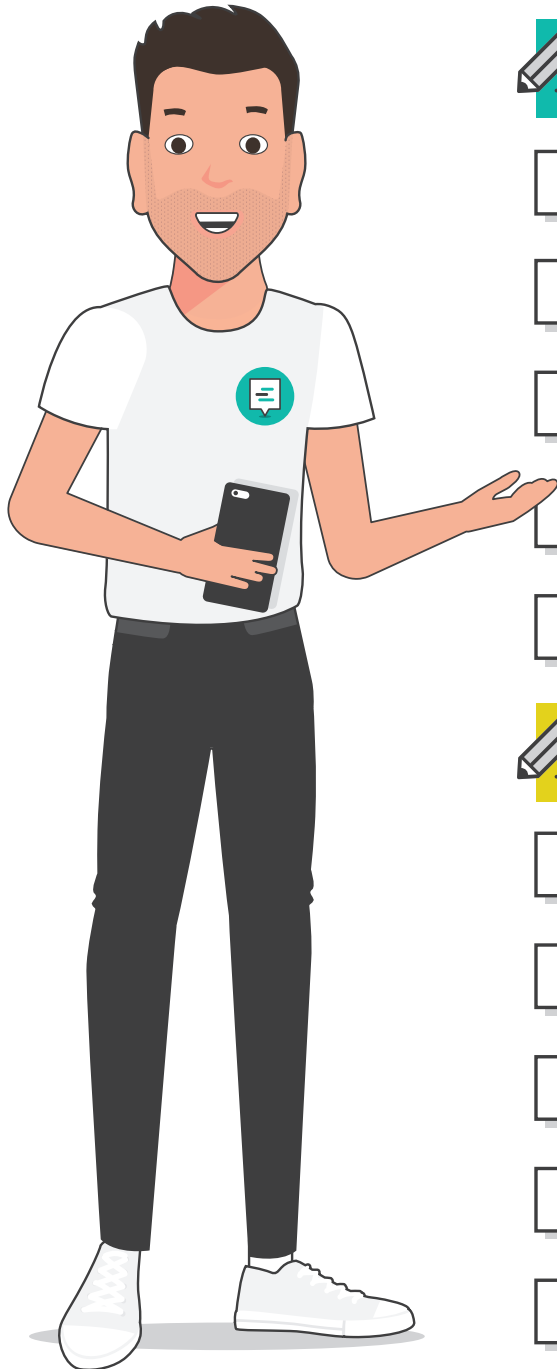
START THE CHAT

HAVE YOU HAD THESE IMPORTANT CONVERSATIONS WITH YOUR CHILDREN?

Ongoing family conversations about online use is an effective way of supporting children to be digitally safe and learn to self-regulate their wellbeing.

Listening to your child and sharing experiences can go a long way to develop trust and open lines of communication.

You might like to start a conversation in the car or when you're out for a walk.



DIGITAL SAFETY

- What family information don't we share with others offline or online?
- Who or where could you turn to for help?
- Why can't we trust everyone online?
- Who can see you on social media?
- Share a story about an online scam.

DIGITAL WELLBEING

- How can you tell if someone is sad (online)?
- How can you protect your friends online?
- Is what we see online always real?
- What do you think our family policy should be about screen time?
- What are the pros and cons for having notifications turned off?

CYBER SAFETY PROJECT

GET THE FULL CONVERSATION CHECKLIST AT cybersafetyproject.com.au/families