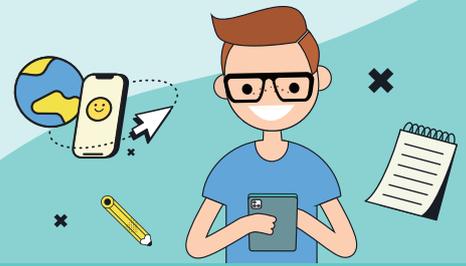


# Be an eSafe Kid: connect. reflect. protect.



Student name:

Date:

Today we are going to learn how to:

- ✓ connect online safely and mindfully
- ✓ reflect before you act
- ✓ protect yourself and others with knowledge.

Complete this worksheet and share what you have learnt with your friends, parents and carers.



## Chapter 1: Connect

1. List 3 things at home that connect to the internet.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

When you go online it is important to connect safely and mindfully, use social media and games in positive ways and know how to update platform and device settings.

Case study 1: Kyle and Noni are teased for being 'too poor' to buy skins in an online game.

2. What are two things Kyle and Noni can do about the teasing?

- a. \_\_\_\_\_
- b. \_\_\_\_\_



Sometimes you need to ask an adult for help, but it might take a bit of courage to tell your parents or carer.

3. Why is it sometimes hard to ask for help?

\_\_\_\_\_  
\_\_\_\_\_

Action: Update platform and device settings and ask a trusted adult to help you.

## Chapter 2: Reflect

4. List 3 things that might make you or a friend feel uncomfortable online.

- a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_



5. POLL: Have you ever seen something online that made you feel upset or uncomfortable?

Circle your response:    Yes    No

What did your class say?    Y     N

**Case study 2:** In eSafety's [Online Boundaries and Consent](#) classroom resource, Milo and Mari were playing their favourite online game. Milo had to stop the game because Gordo was being disrespectful.

6. What do you think respectful online behaviour:

a. **Looks like?** For example, when you see people encouraging others in a game.

\_\_\_\_\_

b. **Sounds like?** For example, when you hear people using kind words.

\_\_\_\_\_

c. **Feels like?** For example, when you feel safe when playing.

\_\_\_\_\_

**Action:** Take a moment to consider how what you say and do online can affect others.



## Chapter 3: Protect



### 3 ways you can protect yourself online:

- Review your friends list and remove anyone you do not know.
- Set strong passwords or passphrases.
- Keep your password private.

**Case study 3:** Xander told Hugo and Emma he was feeling upset because he saw someone posting mean stuff about him online. Xander was worried, he hadn't slept and didn't know what to do.

### 7. Think of 2 things that Hugo and Emma could say or do to help Xander.

a. \_\_\_\_\_

b. \_\_\_\_\_

Remember, if you have an online issue there are many sources of support:

- Family
- Friends
- [Kids Helpline](http://kidshelpline.com.au) (kidshelpline.com.au)
- [eSafety](http://esafety.gov.au) (esafety.gov.au)

Learn more about how to report serious cyberbullying in the [Reporting cyberbullying](#) information sheet.

### Next steps

#### Start a conversation with your family about what you have learnt today:

- Take this worksheet home to share with your parent or carer.
- Explore the eSafety Safer Internet Day page with your family at [esafety.gov.au/sid](http://esafety.gov.au/sid).
- Show your parent or carer eSafety's parent webinars at [esafety.gov.au/parents/webinars](http://esafety.gov.au/parents/webinars) so they can learn too.
- Let them know they can sign up to the eSafety newsletter at [esafety.gov.au/subscribe](http://esafety.gov.au/subscribe).



**connect. reflect. protect.**

