

# Advice for parents and carers: Being safe in a digital world

## This advice sheet is designed to work with the Who Can Help? Interactive

Young children rely on us to support them to be safe including making decisions about their interactions with technology. As children grow, they may spend more time online by themselves. As parents and carers, we need to make sure that children know if they feel uncomfortable, if they have an experience that frightens them or doesn't seem right that they need to talk to us – or seek help from someone they can trust.

### At early learning settings

During your child's time in early learning settings they will learn about safety, listening to their own feelings and emotions and about seeking help. Playing IT Safe takes these offline concepts and allows educators to teach these things to children, but about children's digital world.

Your child will undertake activities that teach them about networked technology. They will learn not to click on pop-ups and to seek help if something online feels uncomfortable or frightening.

## Who Can Help? Interactive

This activity is designed to help you have conversations with your child about seeking help from trusted adults if they have a problem online. The interactive consists of scenarios to discuss with your child about what the characters are experiencing and feeling, and then asking "who can help?". Different options of 'trusted adults' are provided and when your child and you agree on an answer after a discussion, you choose the person you think is best placed to help.

### How to use this interactive

When you and your child complete this interactive you should:

- Talk about the scenario and assure your child that you or someone else can help them if they find themselves in this situation.
- Work together to think about what would happen and how you could approach a person for help.

The aim is to have a conversation where your child understands that on a phone, tablet or computer they may see things or have experiences that make them uncomfortable or worried or scared, and if they do, then they should come and tell you or a trusted adult who can help.