

Life Ed taught us:

- Recognise the importance of being safe online and offline
- Identify safe and unsafe situations online and trusted adults who can help
- Identify that different technologies are used for different purposes and enhance our lives
- Investigate strategies that promote healthy and safe use of technology

Family activities

NO TECH - TALK ZONES

Create technology free zones within the house so family members can focus on being present and attentive when communicating.

BEING SAFE ONLINE - WORD 'TENNIS'

As a family, take turns suggesting ways to stay safe online, bouncing ideas back and forth until they run out.

To extend learning, ask about kindness online, trusted adults for help, or different internet-accessing devices.



What's next?

CHECK OUT THESE RESOURCES:

- [Family tech tips](#)
- [Supporting your child online](#)

