

# Reflection



Think about your participation in the Life Education session and complete the following sentences.

The most important message I will remember is ...

One new thing I learnt was ...

The part I liked the best was ...

I would like to learn more about ...

# Screen time activity



Screen time is fun! However, too much can be unhealthy for our minds and bodies, stopping you from being active, playing, and having conversations. Screen time can also strain your eyes and give you headaches.

**Brainstorm fun activities to do other than watching or playing on a screen.**

**Write down strategies to help you lessen the amount of time you spend watching and playing on screens. Maybe you can create a reward chart, set a timer, only play or watch screens at a certain time of the day. What else can you think of?**

# Create a safe app

Apps are programs that run from a device like a computer, laptop, ipad or phone. They can be educational or used for entertainment. To keep us all safe online, all apps have a suggested appropriate age range.



Create an app that's appropriate for your age.

- What is the name of the app?
- What is the appropriate age for the app?
- What do people do in the app?

Draw a logo for the name of the app and pictures of what the app screen looks like.

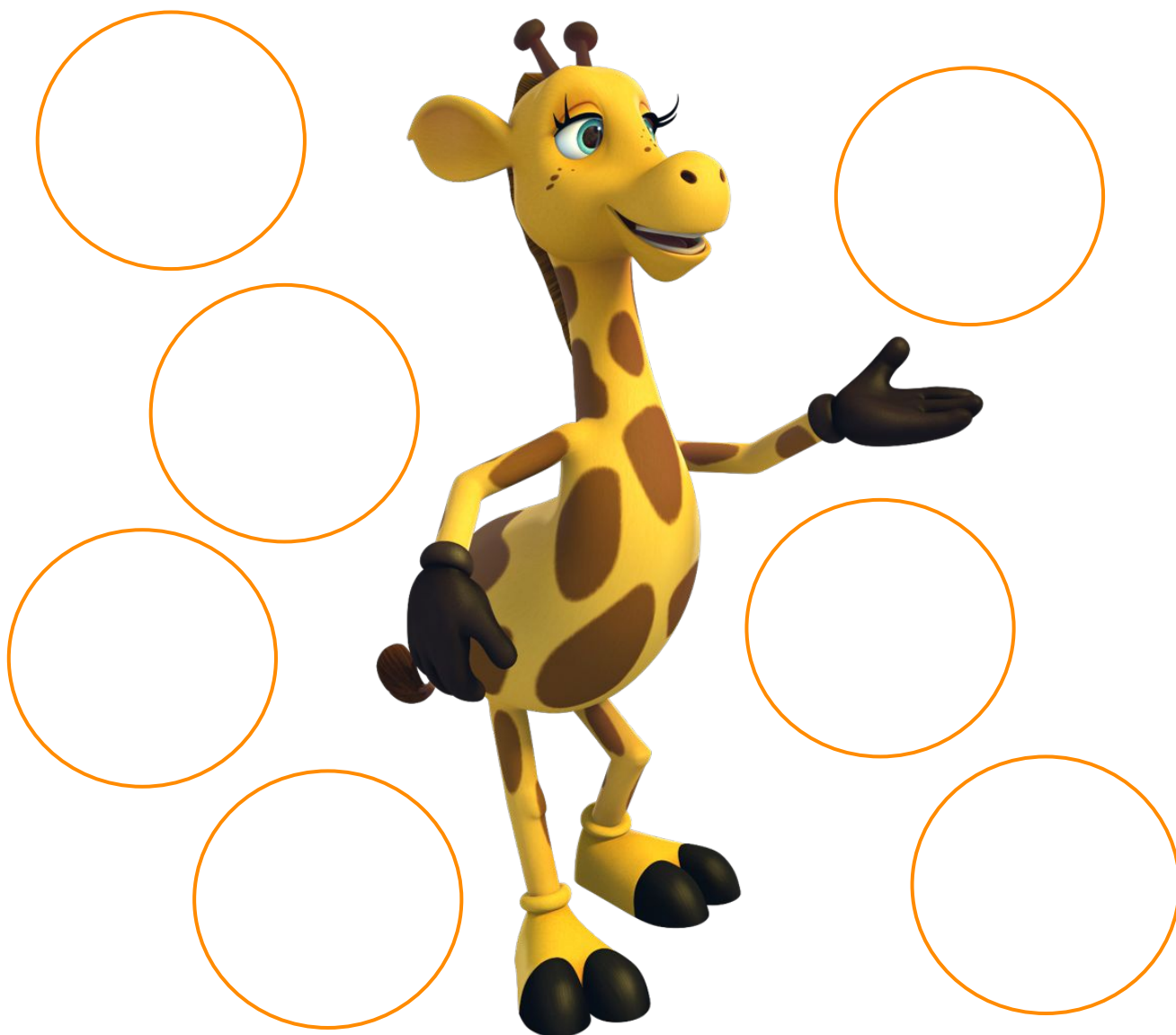
## ACTIVITY FOUR

# Cybersafety reminders



You were introduced to many cyber safety tips in the Life Education lesson. Can you remember them all?

Write these tips, and any new ones you can think of in the circles, or create a cybersafety poster of your own to be displayed near the computers in your classroom or school as a reminder of how to stay safe when working and playing online.



DRUGS + ALCOHOL

CYBER BULLYING

HEALTH + WELLBEING

RESPECTFUL RELATIONSHIPS

SEXUAL HEALTH

# bCyberwise Chatterbox

Today your child has participated in the Life Education bCyberwise modules



You can explore cybersafety together with the attached activity and our app, bCyberwise Monster Family – available in the Educational Games section

## Technology and the internet have become an integral part of everyday life for kids in Australia.

It is their primary source of information and preferred method of consuming media and is increasingly a key component in their social interactions. Because of this, it is essential that families work together to ensure that all members are practising safe, respectful and appropriate online behaviour in the home.

To help your family achieve this, Life Education has provided the following strategies which will enable parents and carers to become role models and guides for positive online behaviour. It will also assist families to communicate about their digital lives.

### STRATEGY 1: Build Trust & Teamwork

**Tip 1:** Create an environment of mutual trust with your child so they feel comfortable talking to you about their online experiences.

**Tip 2:** Work together with your child to discuss responsible online behaviour, appropriate websites and applications.

### STRATEGY 2: Use Online Tools

**Tip 1:** Be sure you have reputable computer security software with parental controls installed. Filter offensive content and ensure your software receives regular updates.

**Tip 2:** Learn how to report offensive content to the websites and social networks which your child is permitted to use.

### STRATEGY 3: Stay Informed

**Tip 1:** Educate the family on the importance of online privacy and protecting their personal information.

**Tip 2:** Remind your child that people they meet online are strangers.

**Tip 3:** Talk to your child about their online reputation and the consequences of their choices.

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