

What did your child learn about at school?

Comfortable feelings (eg. happy, excited, relaxed) and uncomfortable feelings (sad, angry, embarrassed).

If we feel uncomfortable online we can do a Tech Check!

STUDY

by looking closely at... what? when? who?



SEEK

help from a Trusted Adult, Kids Helpline or eSafety



SWITCH

Make a change



Apps & games are designed with different features to try to keep us engaged for longer.

If our Screen Time and Green Time are not balanced, we are not so healthy. This can impact our physical health and emotional wellbeing. Green Time can be any activity that is not on a screen & helps us grow.



YEARS 5-6 TERM 2, 2023

Some conversation starters:

- Think about your day, did you notice any comfortable feelings? Uncomfortable feelings?
- Let's do a Tech Check together! What switches could you make to help shift away from an uncomfortable feeling online?
- What are some features of the games/apps you use that are designed to keep you engaged longer?
- What are your top 3 Green Time activities? Are there any new Green Time activities you'd like to try?

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