

Cyber Smarts Family Questions

Today we discussed how the internet has become a huge part part of our lives and how important it is to be aware of our internet use. We discussed the positives and negatives of being online and how important it is to have cyber smarts. We also discussed how we can improve our cyber smarts by doing things such as talking with adults about our online use, being aware of how we treat others online, switching off from negative online discussions and being mindful of how much time we are spending online.



**I heard today's topic was about
cyber smarts...**

What is an Cyber Smarts?

What do you think are the positives of being online?

What do you think are the negatives of being online?

How can we create more positive experiences online?

Tip: Take some time to go through some webs safety guidelines with your child. Many governments have access to suggestions for cyber safety online (make sure to check the validity of the sites you use). It's important for your child to feel safe talking with you about their online experiences. Encourage your child to come to you if they have concerns and take some time to manage your reactions. The cyber world changes so quickly, it's hard to stay on top of everything, so you may hear things you weren't expecting. However, open communication is the safest way to deal with any cyber concerns.