

# Be an eSafe Kid:

## A better internet starts with you



**Student name:**

**Date:**

Today we are going to look at how our online actions and words can make the world a better place for everyone.

Your task is to complete this worksheet, make an eSafety commitment, then take your worksheet and commitment home to share what you have learnt with your friends and family.

**Going online can be like being part of a sporting team or event.**

**You can learn new skills, hang out with friends, and have interesting, fun experiences.**

**1. What is your favourite thing to do online?**

a. \_\_\_\_\_

b. \_\_\_\_\_

**2. How might someone feel if they were excluded or made fun of?**

a. \_\_\_\_\_

b. \_\_\_\_\_

Look at eSafety Kids for more information at [esafety.gov.au/kids/how-do-i-know-if-im-being-mean-online](https://esafety.gov.au/kids/how-do-i-know-if-im-being-mean-online)

**A group of friends are in a relay race, and their team is in the lead. Unexpectedly, Kim rolls her ankle and stumbles but manages to continue towards the finish line. The team comes in third.**

**3. How would you deal with the situation if you were on Kim's relay team?**

a. \_\_\_\_\_

b. \_\_\_\_\_

After school, some people upload photos of the carnival. They asked the people in the photos if this was OK first. Most of the reaction to the photos were positive, but Kim gets some pics, comments and memes making a joke of her stumble. The team sees the comments.

**4. What *offline* action would you take in this situation with Kim?**

- A. Ask if she is OK.
- B. Invite her to do something offline.
- C. Tell her it wasn't her fault – it could happen to anyone.

**5. What *online* action would you take in this situation?**

- A. Send Kim a message congratulating her on her effort.
- B. Share some positive images of the team.
- C. Report and block any negative messages.

**Remember these tips**

- Make sure cyberbullying stops with you — don't forward or share any mean messages, posts or images.
- Reach out to the person being bullied — let them know you care about them.
- Speak to someone you trust — they can help you report, block and use [The eSafety Guide](#) to find out how to report bad behaviour.

**How can you help?**

There are different types of situations that can make people feel like they don't belong. Some happen on purpose but some are mistakes. Some are very serious issues, others can be little things escalating into big issues.

**6. Think about how you can make the online world a better place for everyone. What can you do to make a difference?**

a. \_\_\_\_\_

b. \_\_\_\_\_

You are not alone. Be an eSafe kid: be kind – find out more at [esafety.gov.au/kids/be-an-esafe-kid](https://esafety.gov.au/kids/be-an-esafe-kid)

If you feel you or someone you know needs help or support, talk to a trusted adult, a friend, or contact [kidshelpline.com.au](https://kidshelpline.com.au) or 1800 55 1800.

Click on these links to find out more about bullying:

- [bullyingnoway.gov.au/support-and-advice](https://bullyingnoway.gov.au/support-and-advice)
- [bullyingnoway.gov.au/support-and-advice/for-young-people](https://bullyingnoway.gov.au/support-and-advice/for-young-people)

## My online commitment

**YOU have the power to make the internet a safer place.**

**Take time to work on your eSafety commitment and present it in a way that reflects who you are.**

### Next steps

Start a conversation with your family about how you can use your voice to make the internet a better place.

- Take this worksheet home to share with your parents and carers.
- Explore eSafety's Kids pages.
- Show your family the eSafety pages for parents and carers at [esafety.gov.au/parents](https://esafety.gov.au/parents)
- Show your family how to sign up to the eSafety newsletter at [esafety.gov.au/about-us/subscribe](https://esafety.gov.au/about-us/subscribe)
- Let them know about the eSafety parent webinars to keep up to date with the latest online safety issues and advice at [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)

