

# Your choices in chats!

A Virtual Classroom webinar for Year 5 and 6 students



Date:

Student name:

## We are going to learn about:

- choosing empathy and respect to create positive online relationships
- being a good friend online
- choosing help and support when things go wrong.

## Online chats

### 1. What do you like about chatting online with family or friends?

### 2. Why do you think someone would make a mean comment in an online chat?

## Choose empathy

### 3. Your best friend is upset because they weren't invited to a party. Imagine how they would feel. What would you do to show empathy?

Tell them not to worry and talk about something else

Laugh and say it's no big deal

Tell them to stop being upset because it's just a party

Listen to them and say 'I understand that feels unfair. Do you want to talk about it?'



## Case study

4. Imagine you are Zara. Write a short message to check in with Noah and see if he is OK.

---

---

**POLL: Have you ever checked in on a friend by sending a kind message online?**

Tick your response: Yes      No

**How many students in your class said 'Yes' and how many said 'No'?**

Record the number of answers here: Yes \_\_\_\_\_ No \_\_\_\_\_

## Choose respect

5. Which of the following is an example of showing respect in the classroom?

Talking to your friends while the teacher is giving instructions

Helping a classmate understand a difficult maths problem when they are feeling down about their maths skills

Making fun of someone's answer during a class discussion

Leaving your rubbish on the floor for someone else to pick up

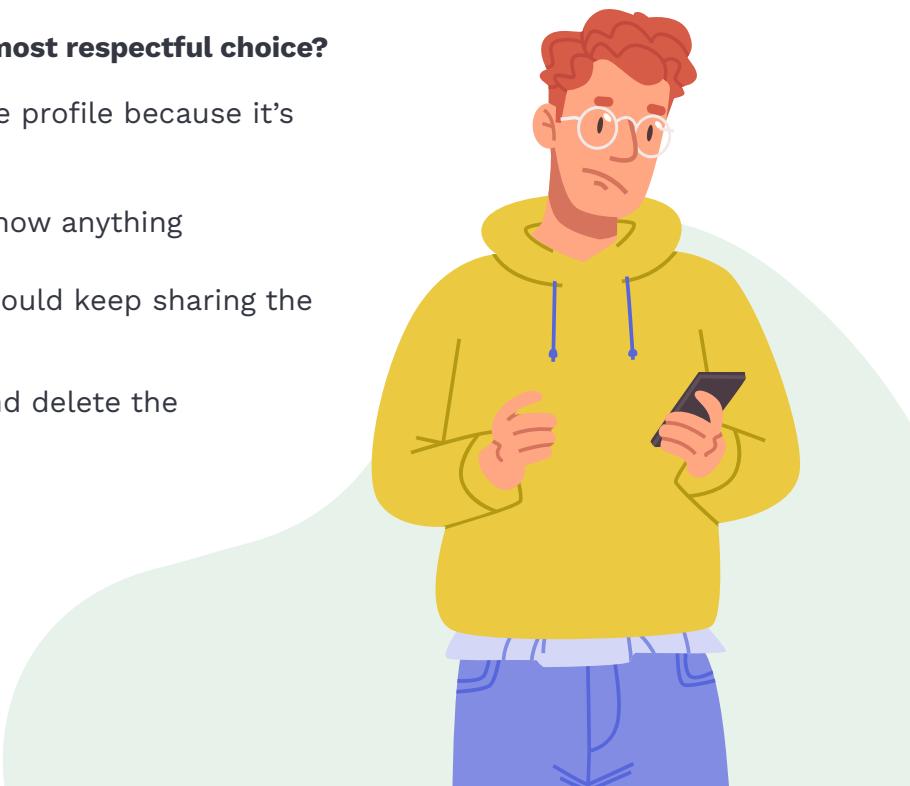
6. Imagine you are Maryam. What is the most respectful choice?

Continue sharing the photo and fake profile because it's funny and Jiya deserves it

Ignore Jiya and pretend you don't know anything

Ask your friends if they think you should keep sharing the photo and fake profile

Respect Jiya's feelings, apologise and delete the photo and fake profile



## Choose help and support

Remember, if you encounter issues online, you can go to your team of safe and trusted adults for help or information. They might include your:

- family
- friends
- teachers
- a support service like Kids Helpline ([kidshelpline.com.au](http://kidshelpline.com.au))
- eSafety ([eSafety.gov.au](http://eSafety.gov.au))
- eSafety Kids ([eSafety.gov.au/kids](http://eSafety.gov.au/kids)).

## Next steps

Start a conversation with your family about what you have learnt today.

You can follow these steps:

- Take this worksheet home to share with your parents or carers.
- Tell them about the eSafety parent and carer webinars to keep up to date with the latest online safety issues and advice. Visit [eSafety.gov.au/parents/webinars](http://eSafety.gov.au/parents/webinars).
- Let your parents and carers know that they can sign up to the eSafety newsletter at [eSafety.gov.au/subscribe](http://eSafety.gov.au/subscribe).

