# Today in class,

# your child learnt about online safety

## Who are the Mighty Heroes?

The Mighty Heroes characters have been created by the federal government agency, the eSafety Commissioner, to teach primary school students important online safety skills. The Mighty Heroes are four Australian bush characters. They each have an online safety message for students:



#### The echidna

'I am responsible: I protect my personal information.'



#### The sugar glider

'I show respect: I am kind and caring to others.'



#### The frilled neck lizard

'I trust my feelings: I ask for help when something doesn't feel right.'



#### The bilby

'I investigate: I question what I see, hear and do online.'

#### What is the Mighty Heroes game?

The game has learning activities to help explain online safety to children. These include: why it is important to keep your personal information private; showing empathy and why we respect others when online; what do if something happens online that makes you feel unsafe; and how to practise critical thinking skills. The game is aligned to the Australian Curriculum and, best of all, it's been created with children, parents and teachers.

#### How can I help my child learn more about online safety?

When parents and carers play and learn together with their child, it is a great way of starting conversations about online safety. Open, trusted conversations are one of the best ways you can help your child to learn and to stay safe online as they grow up. You might like to try playing the Mighty Heroes game together and ask questions like:

- 'What do you enjoy doing the most when you are online? Why? How does it make you feel?'
- 'What do you know about being safe online?'
- 'Do you know who to go to if something makes you feel unsafe, unsure or uncomfortable?'

You could explain why it's important to think of some adults they trust who they can ask for help. You might like to let them know about Kids Helpline as well (kidshelpline.com.au 1800 55 1800).

#### How to access the game (no logins needed)

On your laptop or desktop, go to:

eSafety.gov.au/mighty-heroes-game

or scan QR code to play on tablet



### Need more support and information?

Find out how eSafety can help to support you and your child by visiting <a href="mailto:eSafety.gov.au">eSafety.gov.au</a>

Report online abuse or harm: eSafety.gov.au/report

Counselling and support: eSafety.gov.au/about-us/counselling-support-services