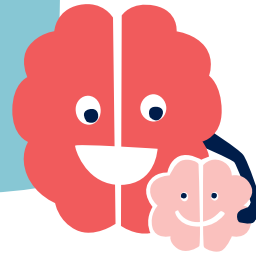


Digital connection cheat sheet



Parent Resource

This resource has been developed in collaboration with digital safety advocate, Yasmin London.

This guide is designed to help parents and carers respond to online challenges, build trust, and support mentally fit online habits. When things go wrong online, it's not just about managing the moment, it's about helping children use their emotional muscles: regulating big feelings, staying connected, and practising asking for help, both online and offline.

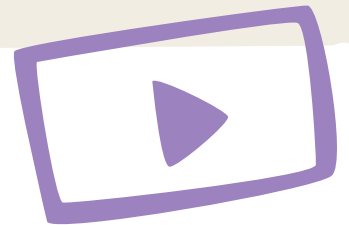
Keep this resource handy near devices or as a quick phone note. When you approach tricky moments with curiosity and connection, rather than fear or overreaction, you strengthen your child's mental fitness and your relationship as a family.

My child saw something upsetting online. What should I do?

- Pause and take a breath. Avoid reacting too quickly or passing judgement.
- Ask open questions like "Can you tell me what happened?" or "How did that make you feel?"
- Validate their feelings and help them identify what they need next. This strengthens their emotional muscles.

I don't know every app my child uses, how can I still keep them safe online?

- Don't pretend to know it all. Stay curious, not critical.
- Focus on connection, not control. Your influence comes from your relationship, not your tech knowledge.
- Explore and acknowledge the benefits of technology together.
- Your openness models help-seeking behaviour and keeps communication strong.



**My child's group chats are causing stress.
I'm worried about online peer pressure.**



- Talk about how peer pressure can play out online, and brainstorm ways to respond.
- Demonstrate calm, practical ways to leave a harmful group chat or take a break.
- Discuss how to disagree respectfully or step away, these are mental fitness skills for managing emotion and maintaining connection.

**How can I teach my child to be
kind and responsible online?**



- Support them to be upstanders, noticing when something's not right and checking in with others safely.
- Reframe mistakes as learning moments.
- Ask, "What could we do differently next time?"
- Model empathy and accountability, it helps children stay kind and connected both online and offline.

A special thanks to Yasmin London for her collaboration on these resources. Yasmin London is Australia's foremost digital safety advocate and the founder of First Movers Co., a brave leadership and education practice empowering individuals and organisations to thrive in a tech-driven world. For more information, visit yasmintlondon.com

Please note: This resource has been developed in collaboration with Yasmin London and is intended for general information purposes only. It's not a substitute for professional advice. Gotcha4Life does not offer counselling or crisis support.

If you have concerns about your child's wellbeing, please speak with your GP or a qualified health professional. You can also explore a range of free, trusted supports and information at gotcha4life.org/help-resources. For direct support, Kids Helpline offers free, confidential counselling for young people aged 5 to 25. Call 1800 55 1800 or visit kidshelpline.com.au.