

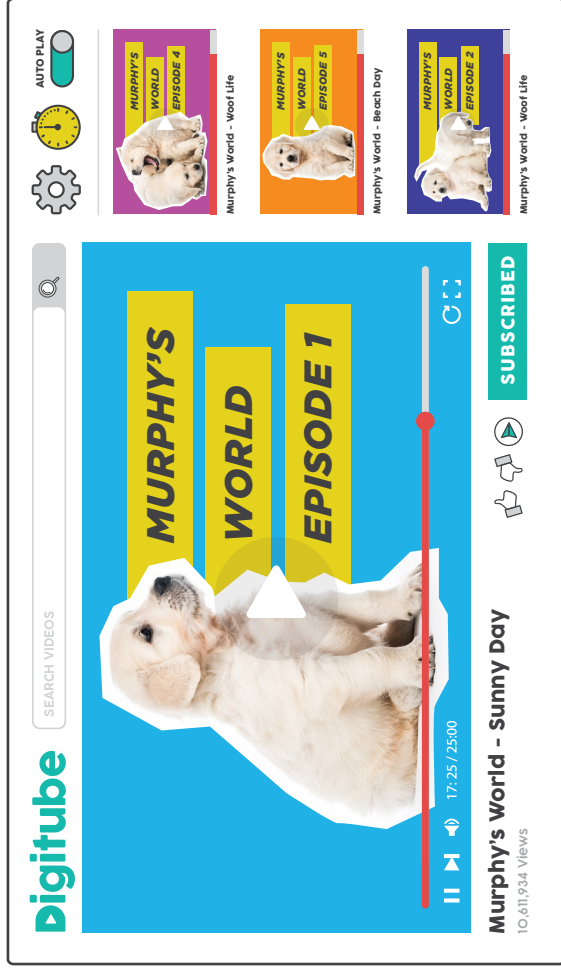
**CYBER
SAFETY
PROJECT**

Year 3 & Year 4

PRINTABLE FOLLOW UP TASKS



Healthy Digital Balance



CIRCLE 3 SETTINGS ABOVE THAT WEBSITES LIKE 'DIGITUBE' COULD HAVE SET AS DEFAULT TO KEEP YOU HOOKED.

Why is it important to practise having a healthy digital balance?

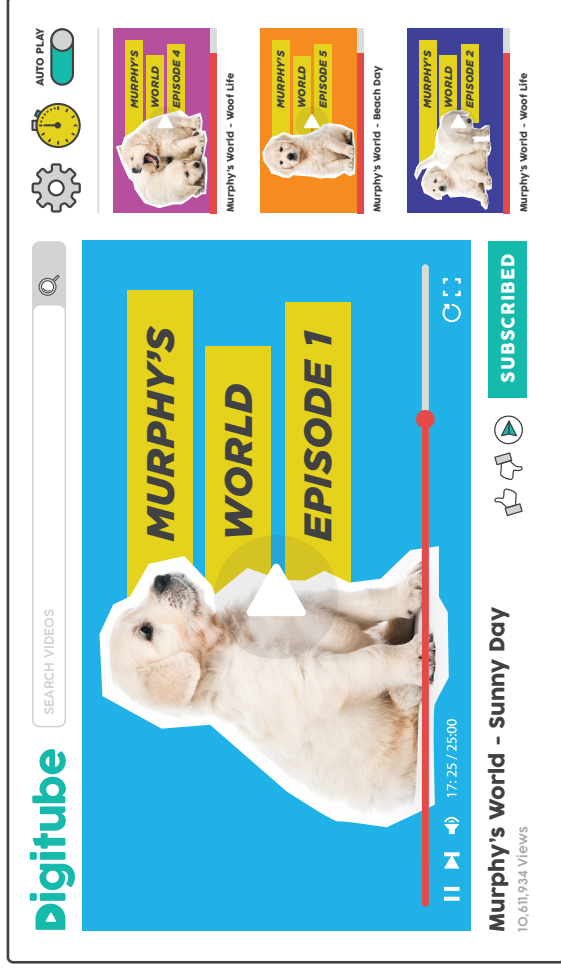
What are the signs that you might not have a healthy digital balance?

How could you improve your own digital balance?

CYBERSAFETYPROJECT

Year 3 - Year 4 WELLBEING FOLLOW UP TASK
COPYRIGHT © 2022 ALL RIGHTS RESERVED. CYBER SAFETY PROJECT
cybersafetyproject.com.au

Healthy Digital Balance



CIRCLE 3 SETTINGS ABOVE THAT WEBSITES LIKE 'DIGITUBE' COULD HAVE SET AS DEFAULT TO KEEP YOU HOOKED.

Why is it important to practise having a healthy digital balance?

What are the signs that you might not have a healthy digital balance?

How could you improve your own digital balance?

CYBERSAFETYPROJECT

Year 3 - Year 4 WELLBEING FOLLOW UP TASK
COPYRIGHT © 2022 ALL RIGHTS RESERVED. CYBER SAFETY PROJECT
cybersafetyproject.com.au

My Support Crew



TO TALK TO



TO HELP ME



TECH SUPPORT

CYBERSAFETYPROJECT

Year 3 - Year 4 WELLBEING FOLLOW UP TASK
COPYRIGHT © 2022 ALL RIGHTS RESERVED, CYBER SAFETY PROJECT
cybersafetyproject.com.au



My Support Crew



TO TALK TO



TO HELP ME

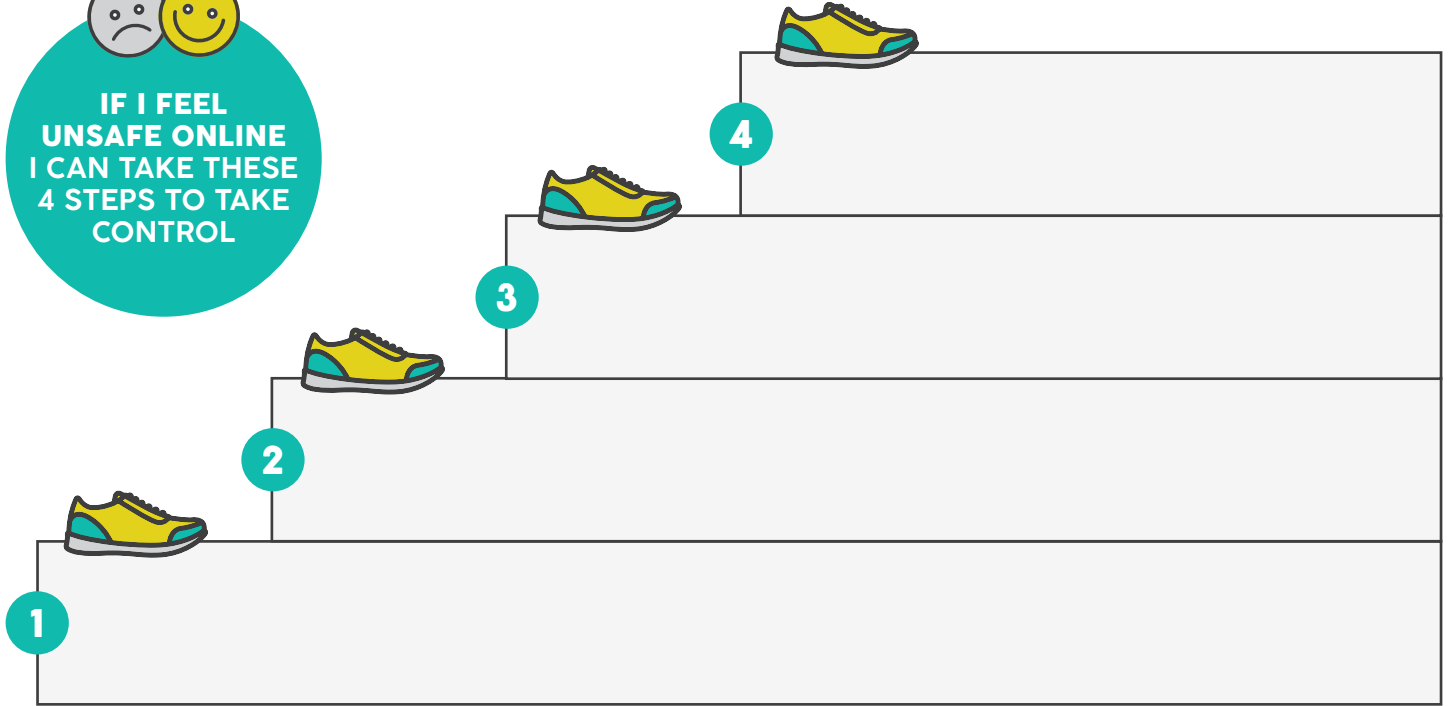
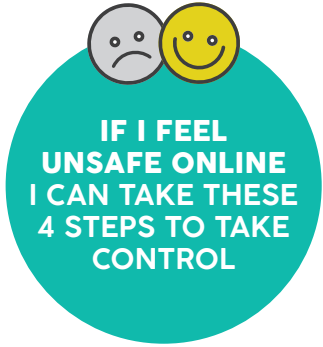


TECH SUPPORT

CYBERSAFETYPROJECT

Year 3 - Year 4 WELLBEING FOLLOW UP TASK
COPYRIGHT © 2022 ALL RIGHTS RESERVED, CYBER SAFETY PROJECT
cybersafetyproject.com.au

Steps To Take Control



Steps To Take Control

