



# Internet Safety: Let's Start A Conversation



Grade 4  
Discussion Guide



## How to Use This Guide

Together, watch the video *Responding Respectfully to Harmful Online Behaviour*, and then use the Conversation Starter Questions and Themes to Reinforce the Learning to facilitate your conversation. You can also use the Conversation Starter Questions and Themes to Reinforce the Learning to spark a conversation without watching the video.



### Video Description

The character in the video opens their social media feed and discovers that a hurtful rumour about a close friend has been posted on social media. The character must decide what they should do to support their friend and help them deal with this hurtful situation.

### Conversation Starter Questions

- How would you show someone that you know how to communicate respectfully online?
- How would you safely respond when you see harmful behavior happening online? How would you respond in a respectful way?
- What would you do if a friend was being bullied online? What is one thing you might do to help your friend resolve a situation?
- What are some things you should remember about using technology safely?
- What should you do if you get into trouble while online?
- How can we make sure we balance our time online with other activities?
- How can we encourage each other to spend less time online?

## Themes to Reinforce the Learning

Your child will have discussed some of these Internet safety strategies as part of their learning at school. Consider working the following concepts into your conversations with your child to support their learning and encourage them to apply these strategies in all online situations:

- Make sure that a parent or trusted adult knows what you are doing when using any digital device, so someone is there who can help as needed.
- Use a computer in a shared space, such as a kitchen, living room, or library, instead of alone in a bedroom.
- Do not share passwords or any personal information, such as a cell phone number, the school name, or home address.
- If you get email or direct messages from someone you do not know, do not respond, close and delete the message right away.
- Check first with a parent or trusted adult before going into a chat room or a similar website when online.
- If something makes you feel uncomfortable, confused, or unsafe, stop right away and tell an adult instead of trying to solve the problem online.
- Too much time alone or in front of a screen can affect a person's mental health. It interferes with other important parts of life, like spending time with family and friends, or getting schoolwork done, or doing other hobbies.<sup>1</sup>
- Limit the time you spend gaming, texting, watching videos, or surfing the Internet. Spending time with people in person or outdoors creates a healthy balance.
- Social media can affect a person's mental health because of social pressures to fit in or be "liked." Taking a break from social media for a while can improve mental health.
- Help younger family members and friends stay safe by reminding them of these tips.

For more information on Ophea, visit [www.ophea.net](http://www.ophea.net).

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<sup>1</sup> Excerpted and adapted from *The Ontario Curriculum Grades 1–8, Health and Physical Education*, 2019, p. 172