



Parent & carer guide

eSafety: Challenges and Choices for lower primary students

eSafety: Challenges and Choices is an interactive, choose your own style adventure animation for children aged 6 to 8 that is all about online safety and grooming.

Challenges and Choices aims to engage young people in decision-making processes and identify strategies to use when encountering potentially unsafe, dangerous or risky online situations and behaviours.

Aim of eSafety: Challenges and Choices

eSafety: Challenges and Choices will teach children about online grooming in an engaging and age-appropriate way. Students are immersed in the narrative by choosing the character's next actions at key points throughout the story.

The story follows a boy named Ollie and his friend Charlotte as they play an online game called Core Defence. Throughout the story, Ollie needs help to make decisions online when he is interacting with other players. The story highlights tactics that 'dodgy tricksters' use online to try to trick people.

eSafety: Challenges and Choices is designed for students to play individually at school or at home.

Key learning objectives

- To **understand** that some people online are trying to trick us.
- To **practice** using online safety strategies.
- To **learn** that if someone tricks us, it is never a child's fault.
- To **believe** that it is never too late to seek help. Telling a safety helper is always a good idea.
- To **normalise** helpseeking when something happens online, particularly reporting online grooming and talking to a safety helper.

At home

Talk about the lesson with your child and encourage them to share what they have learnt. If they bring home activity sheets, look at these together and put them up on the fridge or a wall in the house.

You can also find activity sheets on our website which you could do together at <https://www.DanielMorcombe.com.au>

Keeping kids safe online is the responsibility of adults. It's important that the adults in your child's life can **identify, recognise, understand, and respond to online grooming**.

1300 326 435

[DanielMorcombe.com.au](https://www.DanielMorcombe.com.au)

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Keeping kids safe!

What is online grooming?

Online grooming is when someone builds an online relationship with a young person to trick them or pressure them into doing something sexual. This abuse can happen in a physical meeting, but increasingly happens online when children or young people are tricked or persuaded into sexual activity on webcams or into sending sexual images.

A groomer might work on building a relationship with a child or may try to quickly deceive them. Most frequently, grooming occurs over a matter of hours/days rather than weeks/months. For more information on the different types of grooming, visit www.DanielMorcombe.com.au/safe-bedrooms. Further information is also available on the eSafety Commissioner website: [Child grooming and unwanted contact](#). | eSafety Commissioner.

Challenges and Choices: Who's Who

Two interactive pathways follow a young boy, Ollie, as he learns to navigate suspicious situations online. Ollie often discusses the situations with his friends Charlotte before reaching out to his safety helper Aunt Sophia. Aunt Sophia teaches him how to **recognise** red flags, **react** to his body clues and **report** what has happened. Charlotte's younger sister, Vayda, also helps them with some important non-verbal safety messages.



How to use Challenges and Choices

- **Talk about Challenges and Choices with your child** and encourage them to share what they have learnt.
- You could **go through the interactions together**.
- Use on **multiple occasions** with your child to enable exploration of each pathway.
- It can be used by children on their own as well as with an adult.

What will my child learn in That's Suss?

Both pathways cover areas that can support conversations about suspicious behaviour online and safety strategies.

Key Learning Points Include:

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<ul style="list-style-type: none"> • People online who are trying to trick children will use different tactics to get them to trust them. (RECOGNISE)¹ • They may pretend to be someone they're not. • They may offer points or prizes to gain their trust. • They may try to isolate them from family and friends.
<ul style="list-style-type: none"> • Body clues can help someone to notice that they are in an unsafe situation. (RECOGNISE)
<ul style="list-style-type: none"> • Never share personal information (including images) online. Either with strangers or with people they think they know in the offline world. (REACT)
<ul style="list-style-type: none"> • Stop chatting to someone unknown and block their profile. (REACT)
<ul style="list-style-type: none"> • Children should speak to a safety helper if they feel unsure about something. (REPORT) • Children can speak to Kids Help Line if they need support.

¹ **Teaching ongoing scepticism:** Remind children that not everyone on the internet is safe. It's best to be sceptical about people's intentions. Suspicious ('Suss') behaviour by someone online may include: asking to keep the conversation secret, asking if anyone else uses their device, asking for private information such as where they live, or where they go to school, giving lots of body compliments or asks questions about their body/using sexual language, asking for photos, offering presents, gift vouchers, or money for favours, offering them rare opportunities, like modelling, elite gaming teams or talking to their favourite celebrity.

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| <ul style="list-style-type: none"> • Online grooming and unsafe situations can be reported to ACCCE and eSafety. (REPORT) ² |
| <ul style="list-style-type: none"> • Make accounts private. Check the settings on accounts across all platforms. ³ |
| <ul style="list-style-type: none"> • There is nothing embarrassing about being tricked online and its never too late to ask for help. |

Conversation Starters:

The following conversation starters could be used to explore Challenges and Choices with your child:

- Why do you think Ollie...?
- Could Ollie have done anything differently here?
- Have any of your friends had something similar happen?
- What might you do if this happened to you?

Online Safety Tips Going Forward

- **Share their online world.** Get involved in what your child is doing online. Ask them to show you their favourite websites or apps and play their favourite games. Bond over the positive things in their online world.
- **Audit their friends and followers.** Sit together and review the people who follow them, are friends with them or are able to communicate with them. Work together to remove people that they don't know in real life. This is important to do together and develop their understanding of why it is important.
- **Open up conversation.** Recognise changes in their behaviour or mentions of new online friends who you don't know. ⁴ Let your child know that they can come to you about anything that is troubling them online.
- **Block and report.** Let your child know that they are always allowed to say no to an adult or a child that makes them feel unsafe. It isn't rude and they never have to reply, even if someone compliments them etc. Empower them to block and report anyone who makes them feel unsafe.

² **Blocking:** Before you block someone or delete posts, make detailed notes about what has been shared. Copy the site URL's or the account address, user profiles, write down the date and time they contacted you. Further information can be found here: <https://www.esafety.gov.au/report-online/harm/summary-table-what-you-can-report-and-how>.

³ **Check privacy on accounts regularly** as new features can be added to games and apps etc. Do this together to start a discussion about privacy. Encourage them to take ownership of this.

⁴ **Know the warning signs of online grooming:** If a groomer is manipulating a child, you might notice that they: spend more time online; are increasingly secretive or defensive about what they are doing online; take their device into private spaces; receive unexplained gifts (often e-vouchers) or has more money than usual; use sexualised language; may have sexualised search results, indicating that they have googled what they have been asked; experience mood changes including being significantly happier as well as hostile or withdrawn; fight with or disengages from family members and friends; stop doing things they normally enjoy; have low self-esteem or blames themselves; lash out in anger

Recommended resources and further information



eSafety: the internet is an ever-changing world. eSafety have a comprehensive website with resources, lesson ideas and video. <https://www.esafety.gov.au/>.

eSafety Commissioner can support with removing peer-shared images online. <https://www.esafety.gov.au/report>



Australian
Centre to Counter
Child Exploitation

Australian Centre to Counter Child Exploitation (ACCCE) is part of the Australian Federal Police (AFP). You can report inappropriate behaviour toward children online to them. <https://www.accce.gov.au/report>

They also have information about grooming as they are the lead government agency in dealing with child exploitation/grooming. <https://www.accce.gov.au/help-and-support/what-is-online-child-exploitation>



Closing the Net is a free podcast series for parents.



Jack Changes the Game deals with the topic of online grooming.



Kids Helpline provides a free, confidential support service online and over the phone. <https://kids helpline.com.au/kids> or **1800 55 1800**.



Daniel Morcombe Foundation provides free resources and factsheets with further information. <https://www.DanielMorcombe.com.au>
<https://danielmorcombe.com.au/fact-sheets/>

Creating a **Safety Network** and reporting to Safety Helpers are referenced throughout the resource. More information is available here: <https://danielmorcombe.com.au/keeping-kids-safe-resources/>

Each year, the Daniel Morcombe Foundation produce '**Australia's Biggest Child Safety Lesson (ABC SL)**'. 'ABC SL 2020 Upper Primary' teaches explicit strategies about online safety: <https://danielmorcombe.com.au/keeping-kids-safe/keeping-kids-safe/australias-biggest-child-safety-lesson/>

Where to get help

- If you believe a child is in danger call **Police 000**
- Factsheet - [How do I report online grooming?](#)
- Factsheet - [Understanding online grooming](#)
- Factsheet - [How do I react to online grooming?](#)
- Factsheet - [How do I recognise online grooming?](#)