



Feeling good online

While the 'Puberty Power Up' course focuses on puberty and anatomy learning for children, the PLUS topics or add ons offer extra learning experiences across a number of topics. Some families find they need more information in other areas of learning; perhaps because their child is asking more questions about friendships, body safety, keeping happy online, gender identity or sexuality. We offer these extra topics for those parents/caregivers who wish to scale up their child's learning at home.

'**Feeling good online**' talks about what it means to be a 'good digital citizen' (eg someone who thinks before they post or shares something, and someone who respects the privacy of others), encourages learners to think through some of the differences between 'online' and 'offline', encourages learners to think about what privacy means and how empathy is important when deciding how to behave both online and off'. We also go over some safety rules and scenarios for social media and online gaming.

Related Puberty Plus topics we recommend:

- Pornography – it's not for children
- Consent
- Friendship