



Arial Narrow

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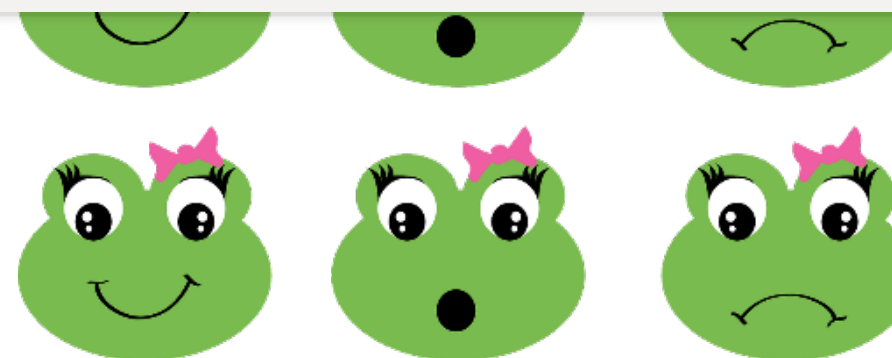
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1. Be aware of children's emotions
2. View children's emotions as an opportunity for intimacy and teaching
3. Communicate that you understand and accept the emotions
4. Help children to use words to describe how they feel
5. Assist children with problem solving

Be mindful of how much time they spend on the internet

The internet has both positive and negative effects on children and young people. When it is used sensibly, it can provide a way for them to discover new things, learn and have fun. However, research has found that too much internet use or inappropriate internet use can risk negatively affecting children and young people's mental health. Children and young people can be supported to use the internet reasonably and limit the amount of time spent online.