

# ONLINE AWARENESS

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## Be Internet Awesome

Games, colouring books, tips and more about online safety.

**Resource:**

[Website link](#)

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## Cybertip.ca

Internet safety tips.

**Resource:**

[Website link](#)

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## Media Smart

Tons of resources and games about anything you might come across on the Internet.

**Resource:**

[Website link](#)

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## Canadian Centre for Child Protection

Online resources for kids and caregivers on a variety of topics such as healthy relationships and online safety.

**Resource:**

[Website link](#)

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## Zoe & Molly Online

Online safety, created by the Canadian Centre for Child Protection.

**Resource:**

[Website link](#)

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## Kids Help Phone

Resources available on their website and counselling services available through call or text. Support also available in French and Arabic.

**Resource:**

[Website link](#)

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# FOR PARENTS AND GUARDIANS

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## Tech.com - *How to Balance Children's Screen Time During the Pandemic.*

Tips on how to help children and youth balance their time on devices. Also includes suggestions on how to reframe fears related to screen time.

**Resource:**

[Website link](#)

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## The Institute of Digital Media and Child Development - *Coping with Screens.*

Tips on how to help children and youth balance their time on devices.

**Resource:**

[Website link](#)

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## The Government of Victoria, Australia - *Managing screen time, health and wellbeing.*

Tips on how to help children and youth balance their time on devices.

**Resource:**

[Website link](#)

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## Canadian Mental Health Association - *Screens and your child: the inside scoop.*

Tips on how to help children and youth balance their time on devices.

**Resource:**

[Website link](#)

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