



**Optus**  
**Digital**  
**Thumbprint**

# Supporting young people to be safe and responsible online

for Parents and Caregivers



## Free Seminar on Navigating the Digital World

Not a tech expert? That's okay. This workshop is designed to help you start meaningful conversations with your child about their digital life – no jargon, just practical advice and real-world examples.

Optus Digital Thumbprint invites parents and caregivers to a free workshop designed to help them actively engage in their children's digital use, help them develop healthier digital habits and manage the challenges of the digital world.

This session provides practical, up-to-date information on key topics including:



**Staying safe online**



**Artificial Intelligence and deepfake awareness**



**Cyberbullying and sextortion**



**Image-based abuse and how to manage**



**Password security and privacy settings**



**Gaming risks and online exploitation**



The Optus Digital Thumbprint program supports young people and families to achieve, thrive and belong in today's digital world with free workshops and resources. It is provided at zero cost and is not intended to promote or market Optus products or services. Optus Digital Thumbprint has been endorsed by the eSafety Commissioner as a Trusted eSafety Provider.

Visit [digitalthumbprint.com.au](https://digitalthumbprint.com.au) to explore the program.

Questions? Reach out to us at [support@digitalthumbprint.com.au](mailto:support@digitalthumbprint.com.au)

 **Trusted eSafety Provider**  
esafety.gov.au