

# Swoosh, *Glide*



and Rule Number 5



Australian Government



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# Swoosh, Glide and Rule Number 5



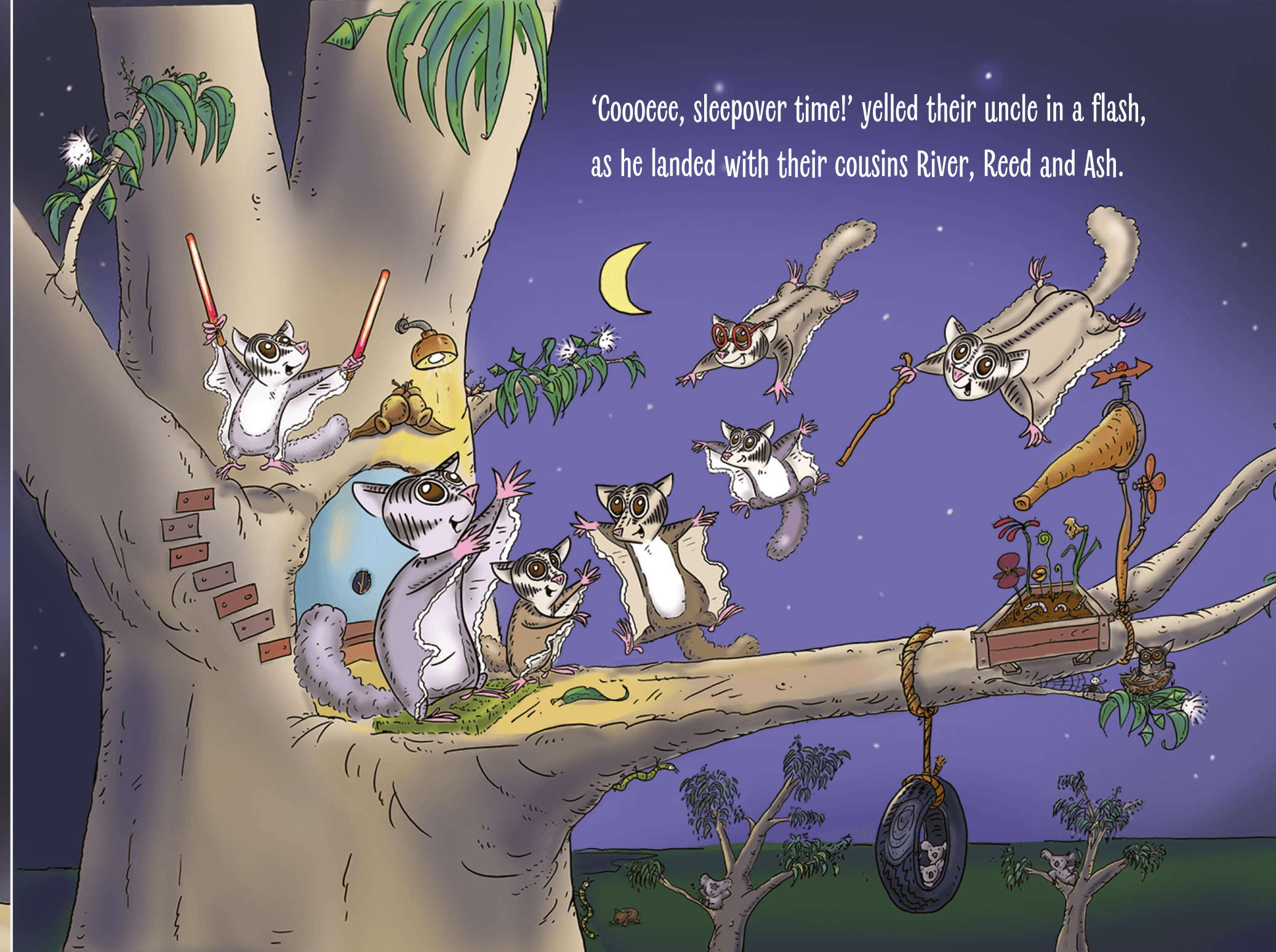
Barbara Uecker & Peter Viska





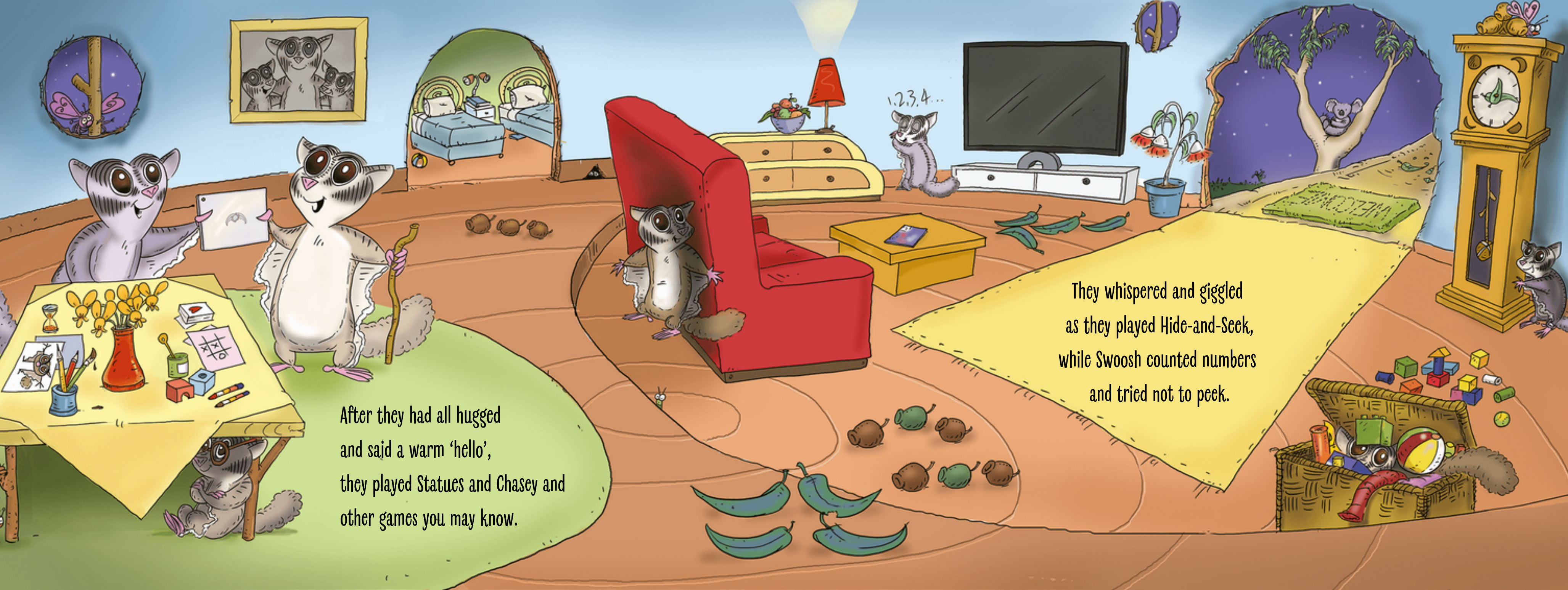


'They will be here soon,'  
said the sugar glider mum,  
as twins Swoosh and Glide waited  
in their old river gum.



'Cooooee, sleepover time!' yelled their uncle in a flash,  
as he landed with their cousins River, Reed and Ash.





After they had all hugged and said a warm 'hello', they played Statues and Chasey and other games you may know.

They whispered and giggled as they played Hide-and-Seek, while Swoosh counted numbers and tried not to peek.



What's the time, Mr Wolf?  
was the next game to play.  
Cousin Ash called

**Dinner  
time**

and they all ran away.

The 'big wolf' made Swoosh feel a bit funny inside.  
This feeling made Swoosh want to run away and hide.





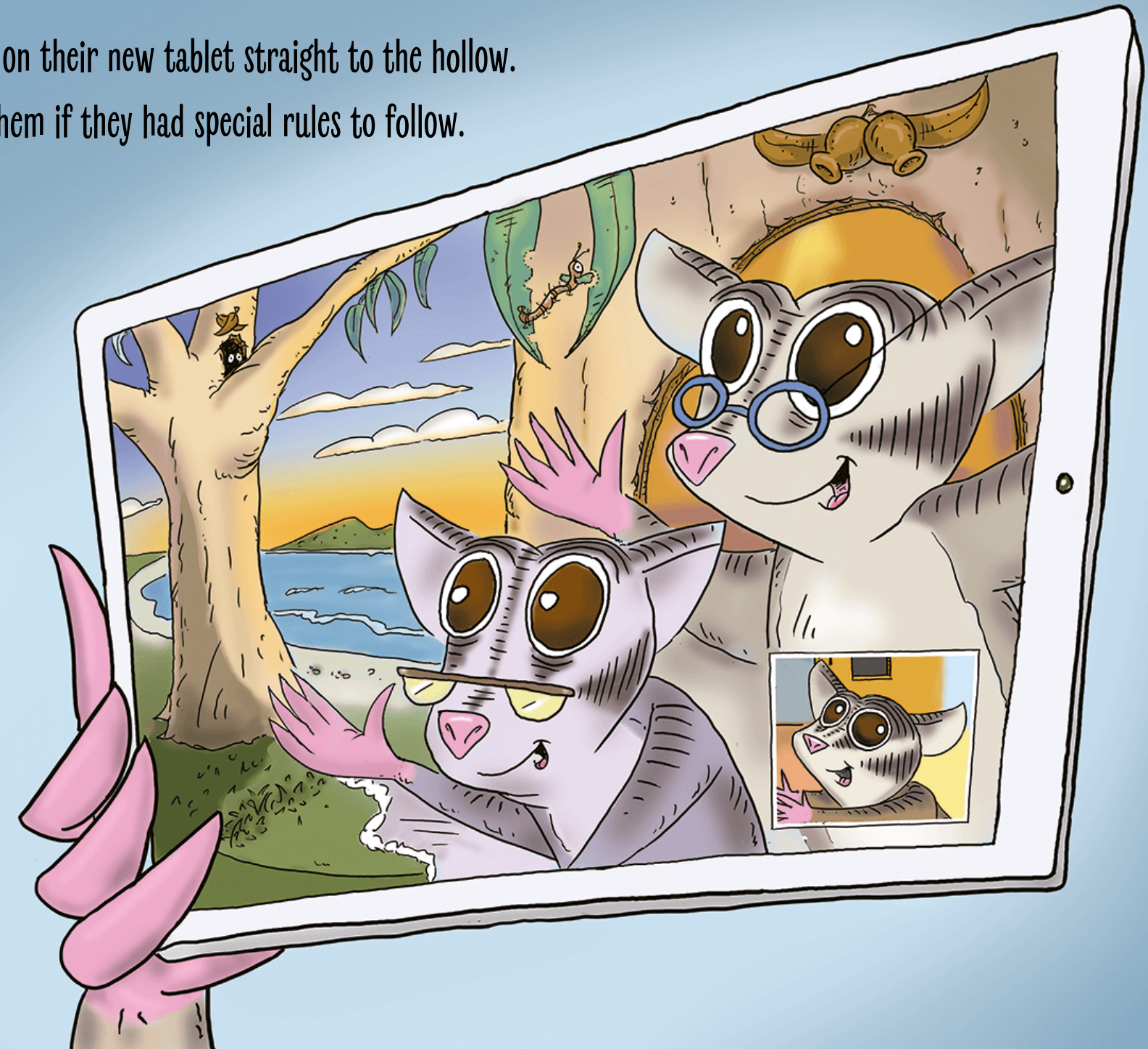
It was time for a rest when a sight met their eyes.

Grandma and Grandpa were calling out



They'd called on their new tablet straight to the hollow.

Glide asked them if they had special rules to follow.





The grandparents asked, 'What rules do you mean?'

1

Be kind, take turns!

2

'At dinner time no screen!'

3

'Use it only in shared spaces!'

Glide proudly said.

4

'Ask before you use it!'

and

5

'No taking screens to bed!'





Mum finished stirring and called, 'Dinner will be soon.  
Say goodbye. Time to go. We'll chat tomorrow afternoon.'



'Put the tablet away, I need some help please.  
We need cups and saucers for our sweet leaf teas.'







While the others played possum games  
and Mum stirred the soup,  
Swoosh took the tablet and hid from the group.





A silly video made Swoosh laugh so hard, it was lots of fun.  
Swoosh clicked on **another**, and **another**, and then **another** one.







Glide ran to help. 'What can we do?' they said to each other. 'Put it away?' 'Turn it off?' They decided to ask their mother.



Swoosh soon told her, 'Something not nice was on the screen. It made me feel funny in my tummy, like when Mr Wolf screamed.'





Mum held their little hands and told them as she knelt, that they did the right thing to come to her for help.

Uncle declared, 'If something's not right while you're on a device, go quickly to your grown-up and ask for advice.'



He pressed on a button and a happy tune came on.  
'Here's something that I wrote called The Family Rules song.'



Then Uncle saw the time  
and waved a fond goodbye.  
'Got to go. Sun's up soon,  
so I really must fly.'







He jumped off that old river gum's branch with an almighty leap,  
looping to his homely hollow for a good day's sleep.





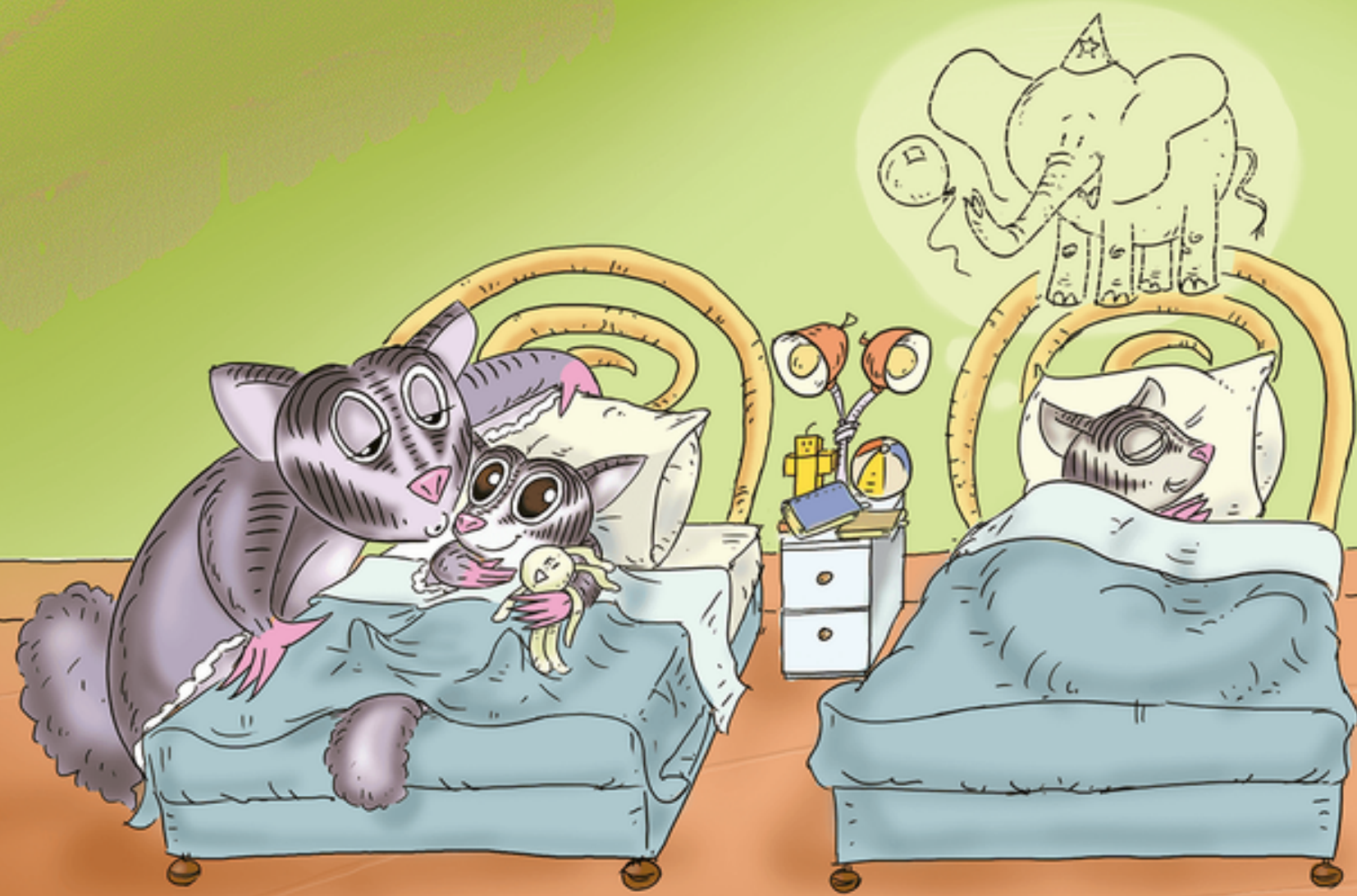
The children sat down, the table was cleared,  
a last game of Snap, all sugar gliders cheered.



'The sun's coming up,' said Mum with a yawn.  
'It's time for bed, it's getting close to dawn.'







In bed Mum gave everyone a warm kiss goodnight and said, 'Night, night, sleep tight, don't let the bed bugs bite.'



And in the wink of an eye the three cousins and twins were sound asleep and dreaming of their favourite things.





Swoosh shuffled in and called,  
**'MUM! Rule Number 5 !?'**

With the little ones asleep before early morning's glow,  
Mum set off to bed on her tippy tiptoes.  
But guess what happened as she watched Bush News Live ?



This book was developed by the Australian eSafety Commissioner.  
It aims to help parents, carers and educators to talk about online safety with young children.

### Building healthy online habits can't start early enough!



How can you use this story?

#### Get to know Swoosh and Glide

Swoosh and Glide are native sugar glider possums. They learn about the internet just like your children do.  
Use their story to start a conversation with your children about online safety and how they can ask a trusted adult for help if something doesn't feel right.

#### Talk about digital technology

Digital technology, such as smartphones, tablets, computers and TVs, is an important part of the world your children are growing up in. Help young children understand what makes it useful, but what can also pose risks.

#### Create your own rules

Rules can help young children build good habits around technology. Develop your own rules at home or in the early learning service with your children. Get inspired by the song that helps Swoosh and Glide to remember their rules.

You can find helpful resources at [esafety.gov.au/early-years](https://esafety.gov.au/early-years)

And **remember** 'Rule Number 5'! Modelling safe practices, thinking about your own time online, and following the rules are the best ways to teach young children.



## My Family Rules

Chorus

I wanna be safe safe safe when I go online line line,  
in every place, place, place and all of the time time time.  
If I need I can ask for help and then I'll be fine,  
'coz I like to be safe safe safe all the time online.

Verse

Be safe, be kind. That's what I do when I'm online.  
If something looks strange or scary I can ask for help.  
When we play online we can have a good time,  
if we use our voices and make good choices.  
The internet can be so much fun with lots of things for everyone.

Chorus

Well I wanna be safe safe safe when I go online line line,  
in every place place place and all of the time time time.  
If I need I can ask for help and then I'll be fine,  
'coz I like to be safe safe safe all the time online,

Yes I like to be safe safe safe all of the time.

Sheet music, audio, and video clip available  
from the eSafety website  
[esafety.gov.au/early-years](https://esafety.gov.au/early-years)





Meet the sugar glider twins, Swoosh and Glide!  
See how they help one another, always side by side.  
They live in the hollow of an old river gum,  
playing with their family and having lots of fun.  
The twins share their rules to keep them safe online.  
What are your family rules for fun technology time?

Swoosh, Glide and Rule Number 5 is a fun and engaging way  
to explore online safety with young children.  
Teaching children to ask for help is key to keeping them safe.  
This book helps set the foundation for good online habits early  
so they can carry this through to school and beyond –  
be safe, be kind, ask for help and make good choices.

Check out the website [esafety.gov.au/early-years](https://esafety.gov.au/early-years)  
for more online safety resources for young children.

