

Online Safety and Digital resilience

- How we keep safe online
- How we respond and adapt to something we see something online that we don't like, isn't kind, is disturbing, makes us worried or is hurtful.

Make positive choices

- Make time for the people and things that make you happy
- Stick to your limits on screen time
- Follow people that make you feel good about yourself and unfollow the ones who don't!
- Spread positivity, post good reviews, leave encouraging comments and share good news

Keep your health in mind

- Have breaks away from your screen
- Exercise!
- Put those devices away in plenty of time before bed

Seek support

- Use the people and organisations who are there to help
- Follow people who have the same values and morals as you
- Talk to a friend, family member or trusted adult for advice

Put safety first

- If you see something online that upsets or worries you, tell someone.
- Report the content that makes you feel uncomfortable to the app or site.
- Block the person or account of the person causing you a problem or making you feel uncomfortable or sad.
- Consider deleting the app you are using

Think before you post!

- What does kindness online look like?
- When was the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone shares something funny or kind with you online.
- Think about when someone has been deliberately unkind towards you online – what did they do?
- Think about how you would feel if what you share online is shared with people that don't know you. What would they think of you?