

Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.

TAKE CARE
WHAT YOU
SHARE!

CHECK YOUR
PRIVACY
SETTINGS

AVOID
COMPARING
YOURSELF TO
OTHERS

TRACK YOUR
SCREEN TIME

TAKE
BREAKS

REPORT
INAPPROPRIATE
CONTENT

PAUSE
BEFORE
YOU POST

BLOCK
BULLIES

SPEAK UP AGAINST
HARMFUL BEHAVIOUR

BE KIND &
BE CAREFUL

GO TECH FREE
BEFORE BED

STAY
ACTIVE
OFFLINE



National
Online
Safety®

#WakeUpWednesday

LOOK FOR POSITIVE COMMUNITIES