

Staying Safe, Digitally Healthy and Happy



Instructions:

Although there are potential risks when we go online and use digital technology, there is a lot we can do to help minimise these risks and to help us stay safe, healthy and happy. Read the advice below and then illustrate each top tip to create a booklet which can help you and others stay safe online.



1. Follow the age restrictions and regulations, they are there to protect you and make sure you don't see anything which could harm or worry you.

2. Keep your personal information private.

3. Use privacy settings on online services.

4. Learn how to block content and disable comments.

5. If someone asks you to share an inappropriate photograph of yourself, say no and tell a trusted adult.

6. Do not take or share images of others without their permission.

7. If you feel worried or frightened about something you have seen or experienced online, close it immediately and tell a trusted adult and ask for help.

8. If someone makes contact with you and it feels inappropriate and uncomfortable, tell a trusted adult and ask for help.

9. When using online search engines, make sure you are reading and using information from trusted sites. Fact check anything that you are unsure about.

10. Don't open or reshare unknown links or attachments.

11. Don't open or reply to messages from an unknown sender.

12. Don't share your device camera or webcam with unknown people.

13. Be kind online. Treat everyone you meet with kindness and respect. If you see or experience online bullying, tell a trusted adult and ask for help.

14. If someone is putting pressure on you online to do something that is wrong or feels uncomfortable, say 'no', tell a trusted adult and ask for help.

15. Make safe and healthy choices to stay happy online.

16. Balance your time online and using digital technology with other activities - keep your mind and body healthy!

