



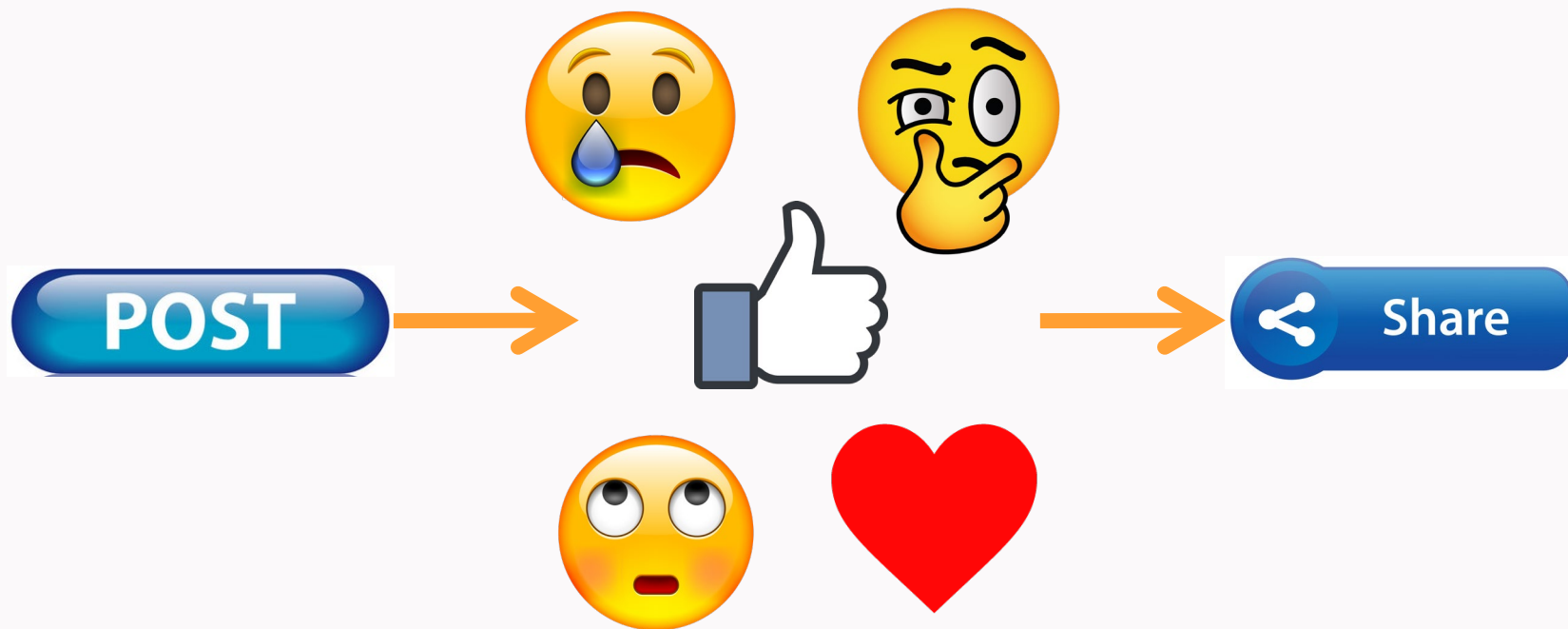
# Create, connect and share respect: A better internet starts with you!

Wellbeing and healthy relationships

# How do you use the internet to connect with others?



# Is every online connection always positive?



## Promoting positive digital wellbeing today and everyday!



### Question 1:

**I can send a picture of myself online when:**

**A:** It's to a friend or family member?

**B:** I've told my parents and they've given me permission to do so?

**C:** It's to my cyber friend?



## Promoting positive digital wellbeing today and everyday!



Common sense information:

**When I'm online I should NEVER give out my personal details:**

My name, Date of Birth, Address, Phone number,  
Name of my school, or teams I play sport for.  
Never post pictures of yourself in school/sporting  
uniform.



## Promoting positive digital wellbeing today and everyday!



### Question 3:

**If someone I meet online gives me their phone number, I should:**

**A: Call them right away**

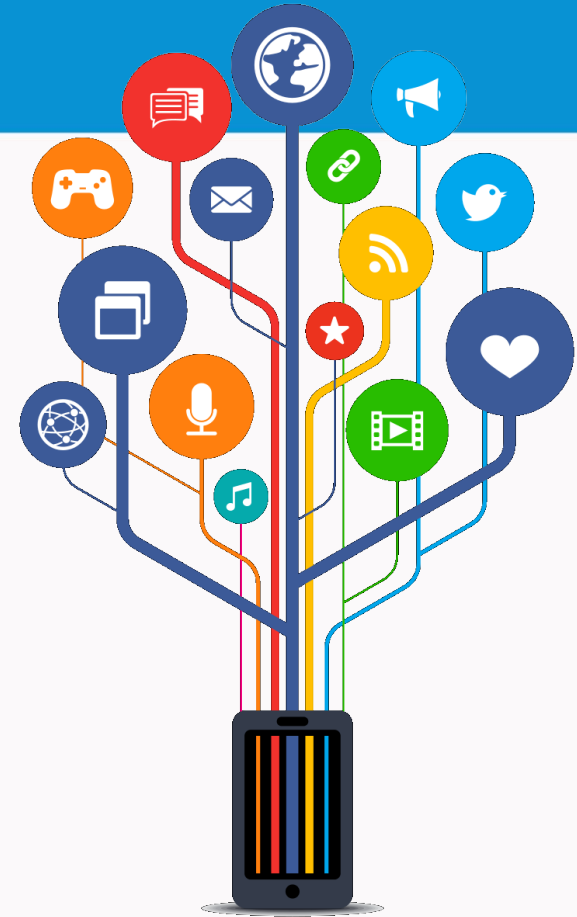
**B: Give them my number also**

**C: Ask the advice/permission of your parents before you call**





# But, what is digital wellbeing?







Create content to spread  
a positive message!

Create content for  
others to enjoy!

**Create**

Create content to  
express yourself

Create groups of  
likeminded people to  
share advice and  
support

**Can you think of any other ideas?**

# Can you think of any other ideas?

Write a positive  
note to a friend

Sharing content for  
people to enjoy!

Connect with people that  
make you happy

Connect to like minded people  
to share advice and support



**Connect**

# Can you think of any other ideas?

Always ask before you share  
a picture of someone else

Even if you disagree  
with someone, keep it  
respectful

Be aware of how jokes  
can come across – not  
everyone will know you  
are joking and it might  
offend or cause distress

Listen to other people's views

**& Share  
Respect**

# What can you do?






## Everyone deserves to experience positive digital wellbeing!

But is social media the enemy or the answer?



# The answer?

## Social media is...





-  It gives us a platform to spread positivity and kindness
-  It helps us reach out to people anytime or anywhere
-  We can express ourselves and share our individualities
-  We can find inspiration and ideas
-  We can share knowledge, opinions and stories with a huge global audience



# The enemy?

## Social media is...

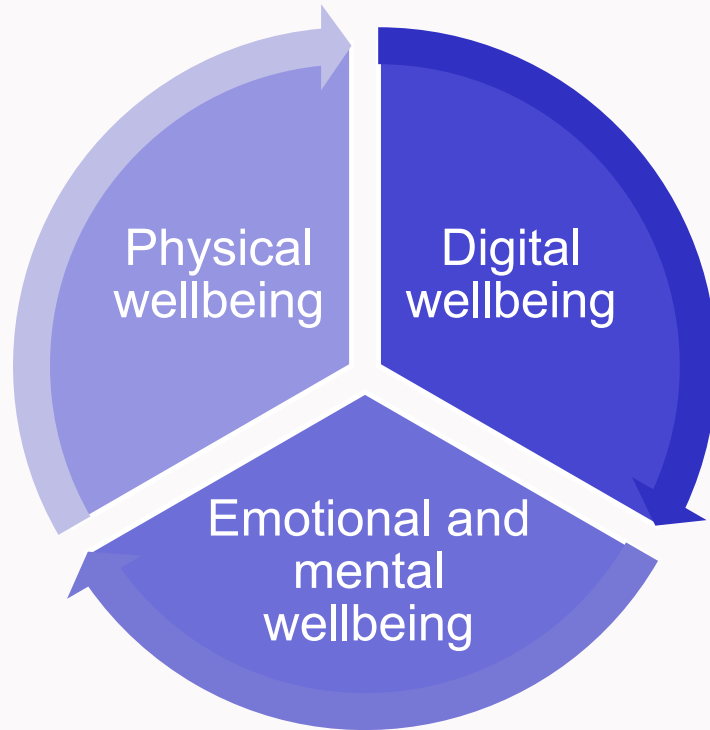
**Sometimes we see things which we don't like, but there are things that you can do!**

-  Block people who are being deliberately unkind
-  Report content which worries or offends you
-  Reach out to people who might be feeling sad or worried
-  Talk to someone you trust and ask for help





# Your wellbeing is important!



- ✓ Take care of yourself
- ✓ Ask for help
- ✓ Support others
- ✓ Be kind and respectful
- ✓ Take breaks
- ✓ Healthy balance

Promoting positive digital wellbeing today and everyday!

Create, Connect  
and Share Respect





6 February 2018

'Create, Connect and Share Respect: A better internet starts with you.'



# Take part this Safer Internet Day

A better internet starts  
with you!