

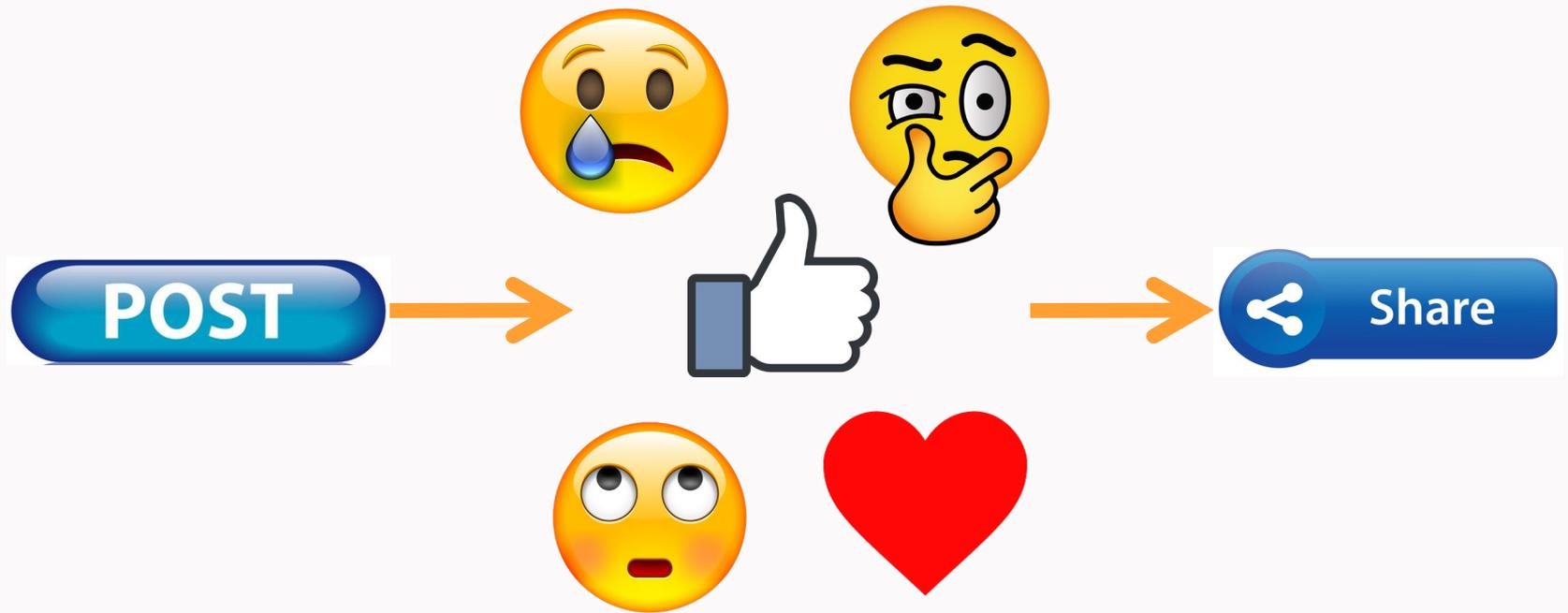
Create, connect and share respect: A better internet starts with you!

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?



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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.



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Question 3:

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

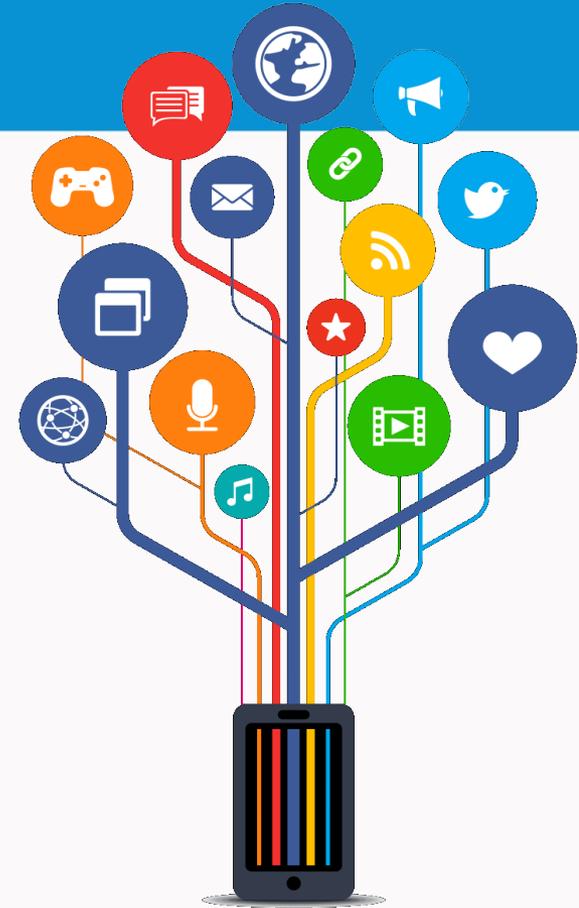
A: Call them right away

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?

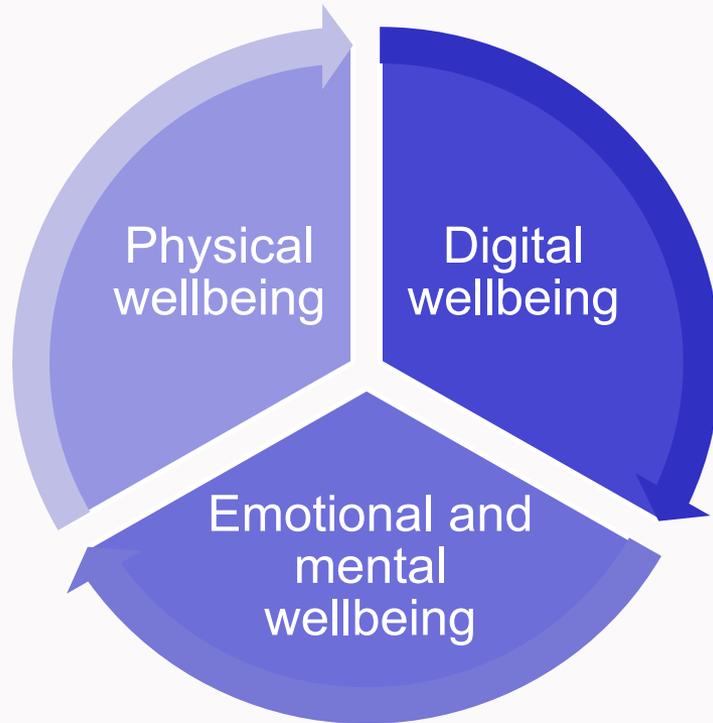
Social media is...

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!