

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