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

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AVOID COMPARING YOURSELF TO OTHERS

TRACK YOUR SCREEN TIME

TAKE BREAKS

REPORT INAPPROPRIATE CONTENT

BLOCK BULLIES

PAUSE BEFORE YOU POST

BE KIND & BE CAREFUL

SPEAK UP AGAINST HARMFUL BEHAVIOUR

GO TECH FREE BEFORE BED

STAY ACTIVE OFFLINE

NOS National Online Safety®

#WakeUpWednesday

LOOK FOR POSITIVE COMMUNITIES

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