

# 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