

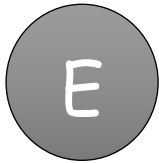
Online Safety and Wellbeing

Phones, tablets, games and computers are all fantastic and so is the internet, but using the internet safely is very important.

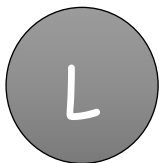
If you can, try and remember **SELFIES** when you are online



Secure: make sure all your online accounts are secure from privacy settings to location



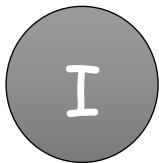
Evaluate: picking out what's real online and what isn't can be a real challenge at times, things can be very easily edited. Try and remember to think critically.



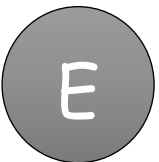
Likes: what was the last thing you posted online and the reasons behind it? Putting things on social media just for likes could affect your wellbeing.



Fun: enjoy your time online



Inform: if anything worries you online, you make a mistake online, or someone you don't know contacts you, make sure you tell someone.



Exchanging: be careful what you share online and who with, from images to messages, once its sent it can't be deleted.



Sleep: a good night's sleep is vital for us all, make sure you are coming away from technology before you go to bed.

