



# 10 Online safety tips to support Mental Health



- 1 Bring your positive self
- 2 Respect the opinions of others
- 3 Celebrate our differences



- 4 Treat others the way you would want to be treated
- 5 Communicate with kindness
- 6 Try not to react to situations with anger
- 7 Don't spread rumours
- 8 Take regular screen breaks
- 9 Talk to a trusted adult if you feel worried
- 10 Remember to question what's online



# Mental Health Tips Ideas Buy Online

**N Colangelo**

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