



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



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