



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



supporting

Beyond

natterhub
preparing children to thrive online