



SHARE

RESPONSIBLY

We all love to share photographs, fun things we`re doing and much more.

Be careful what you share and always ask permission if somebody else is in the photo or video.

MANAGE

your PRIVACY

If you`re using apps that can communicate with others, turn on privacy.

Only let people you really know follow you unless you`ve asked permission from your parents.



ASK

for HELP

Don`t ever be worried about asking for help from someone you trust.

You will NOT be judged.

RESPECT

OTHERS

Be kind.

Other people may have different opinions from you.

That`s okay, but if they become abusive, take screenshots, block and report and tell an adult.

THINK

CRITICALLY

TRUST

your INSTINCT

Is it true?
Does that person really know me?
Has that really happened?

Always question!



If anything worries you,
or if you need help with something, speak to:

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