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SAFER INTERNET DAY
MANAGING YOUR ONLINE WELLBEING

The positives & negatives of the Internet

The internet is a brilliant resource that you can use to do lots of different things.

If you do experience harassment or cyberbullying online:

- **Don't reply to messages that harass or annoy you.**

- **Keep the Message.**

- **Block the Sender.**

- **Talk to someone you trust, and get support.**

- **Report the Problem.**

Digital stress refers to stress we get from using digital devices (e.g. smartphones, laptops, tablets, game consoles) and digital media (e.g. social media, online games, messenger apps).

What is resilience?

Which ball do you think is the most resilient?

A rubber ball?

A foam ball?

A ping pong ball?

Resilience is...

◄ Not about trying to be 'so tough' that nothing impacts us. Resilience is not about putting up with things.

◄ Resilience is the ability to recover from setbacks. It is ok to feel sad, angry, happy, worried...it is how we respond and adapt that is key.

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Definition of Digital Resilience

Digital resilience is the ability to bounce back from difficult times online over time.

Managing our online wellbeing

- **Making Time for Rest & Reflection**

- **Changing Habits & Attitudes**

- **Time Management**

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Making Time for Rest and Reflection

- Turn off your notifications.

- Play a game of "phone stack" with your friends.

- Log out of all your social networks, turn off wi-fi or turn off your phone at bedtime.

- Schedule screen free times.

- Take an occasional break from social media and digital devices.

Changing Habits and Attitudes

- Don't compare yourself to people you see online – including your friends.

- Be in the moment. Enjoy what you're doing and don't worry about getting pictures of it!

- Accept that you can't be there for everything – even virtually.

- Don't take it personally.

Time Management
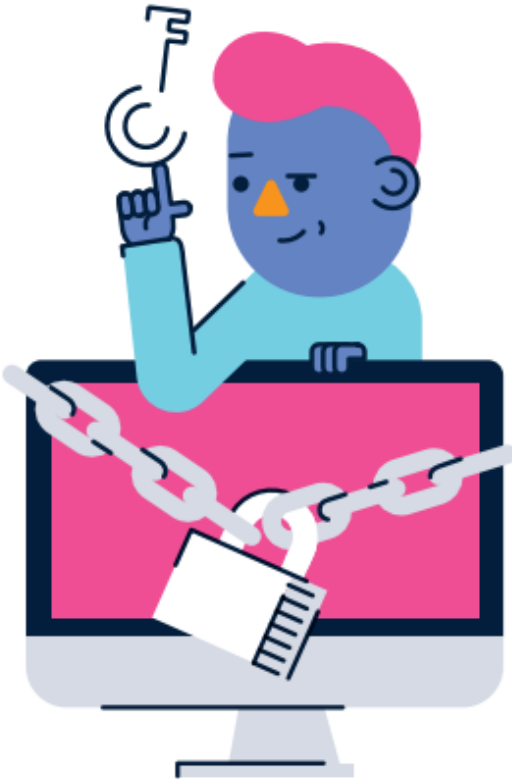
- You can't do everything. Think about the things that are most important to you (School? Family? Hobbies? Work?) and make sure to put those first.

- Make a to-do list of things you need to do and use a planner to keep track of them.

- Put an alarm on when playing games online to show you how long you have been playing for and to take a break from the screen.

- Decide specific times when you're going to check social media.

THANKS!

ANY QUESTIONS?