



# 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

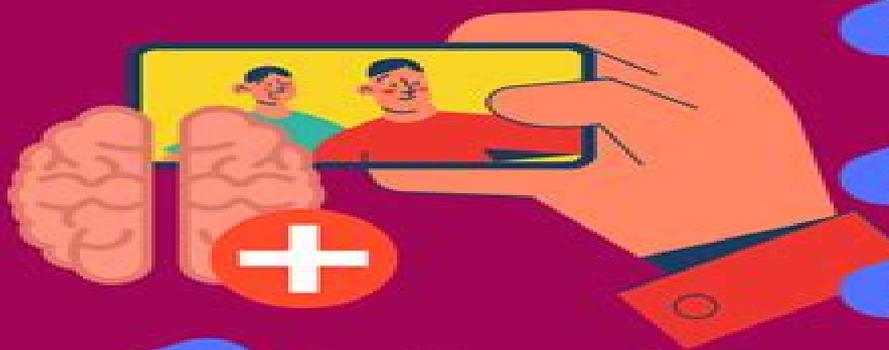


**7** Don't spread rumours

**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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**Caryn E. Anders, Lynn M. Pearce**



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