SAFER INTERNET DAY
MANAGING YOUR ONLINE WELLBEING

Safer Internet Day

What is Safer Internet Day?

- A day to create awareness of a better internet for **ALL** users

- The theme for Safer Internet day is *"Together for a Better Internet"*

- Safer Internet Day is celebrated all across Europe on the second Tuesday, of the second month, every year.

Let's consider the positives and negatives of the internet?

How can we avoid the negative things on the internet?

LET'S DISCUSS // THE CHALLENGES

Who would you tell if you saw something on the internet that you did not like?

Key Points:
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

Managing our online wellbeing

LET'S DISCUSS // DIGITAL STRESS

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).

An Roinn Oideachais
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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.**

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 and Reflection**

- **Changing Habits and 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 time when you're going to check social media.

Join the conversation

#SaferInternetDay #Webwise

Safer Internet Day

Connect with Webwise on: www.saferinternetday.org

Twitter: #SaferInternetDay

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