

If you do experience harassment
or cyberbullying online

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The Granny Rule

If you wouldn't show a
picture to your granny then
it probably shouldn't be
online!

Challenges for rural schools

Positive and negative effects of the internet

Digital Resilience

Making time to rest and
reflection

Changing habits and
attitudes

Managing your time

Digital stress



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



Use a secure password
Don't share your password with strangers



Don't be hurtful to other people



Connect only with your friends

Don't share personal information ☐☐



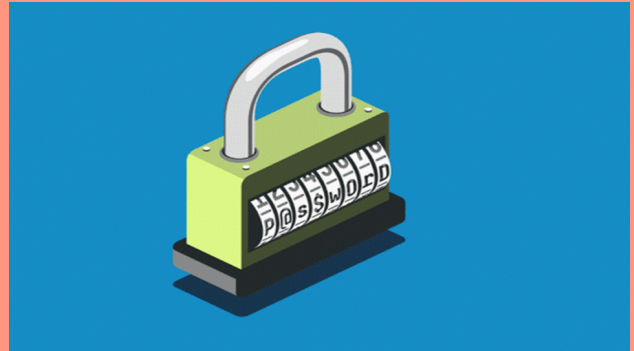
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Don't connect your phone, tablet, computer... to open wifies.



Don't say where you live and don't say your telephone number



Keep Your Privacy Settings On



These are our tips!

