



SAFER INTERNET DAY MANAGING YOUR ONLINE WELLBEING

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LETS DISCUSS // THE BENEFITS

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





LET'S DISCUSS // THE CHALLENGES

What do you do if you see something on the internet that you don't 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



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 strong' that nothing impacts us.**
- ◀ **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.**



Managing our online wellbeing

Digital Resilience

-  **Making Time for Rest and Reflection**
-  **Changing Habits and Attitudes**
-  **Time Management**

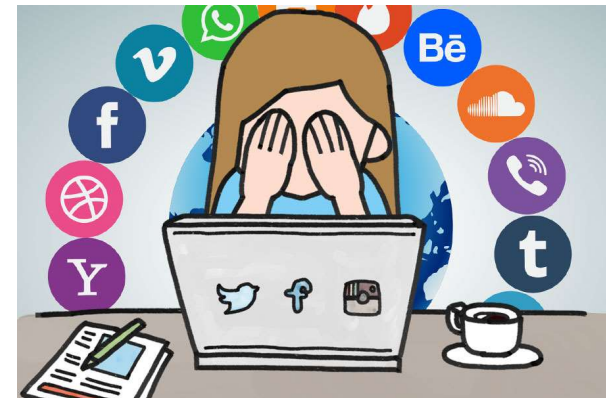


Respectful Online Communication

“

*Sticks and stones
may
break my bones...*

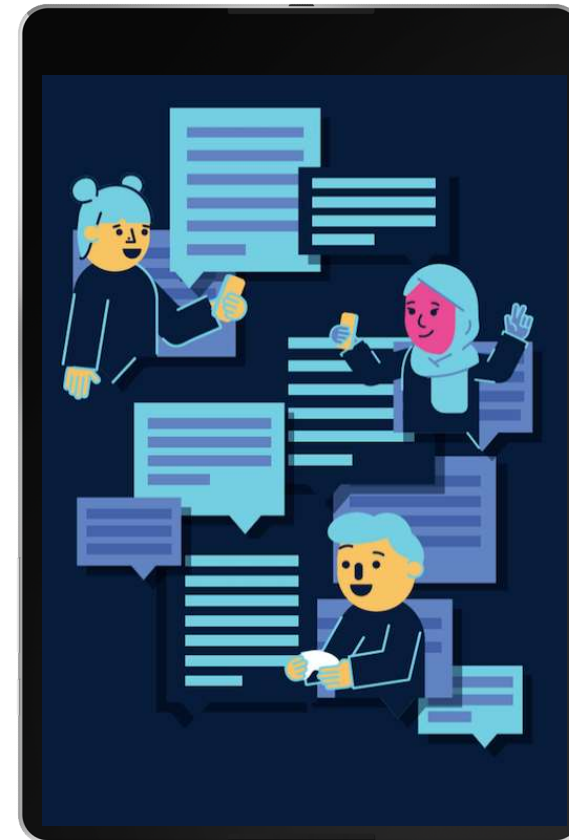
*But words will
never hurt me...*





LETS DISCUSS // RESPECT ONLINE

What does respect
online look like,
sound like, feel like?





The Granny Rule

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

LETS DISCUSS //SELFIE

Which photos are okay to share?





MANAGING YOUR ONLINE WELLBEING

Follow these 6 rules to be safe on internet :

- 1 Keep your password safe
- 2 Know what you can share - don't overshare personal information
- 3 Be careful of what you post
- 4 Connect with respect
- 5 Don't stay in chats you don't like
- 6 Don't download junk





Thank you!
Bye

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credits



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