

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

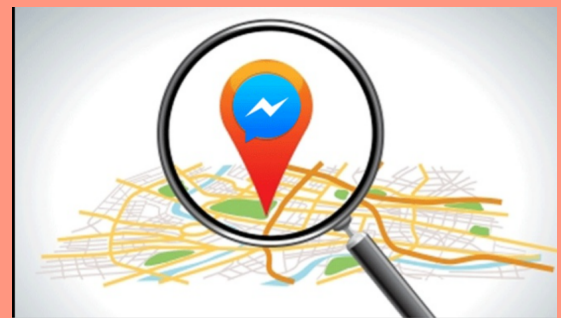


Don't be hurtful to other people

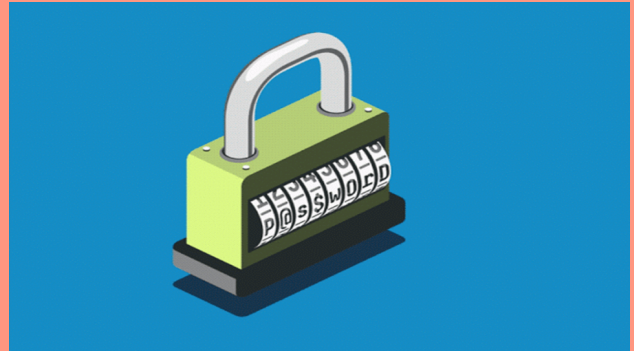
Don't share personal information ☐☐



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These are our tips!



Connect only with your friends



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

