



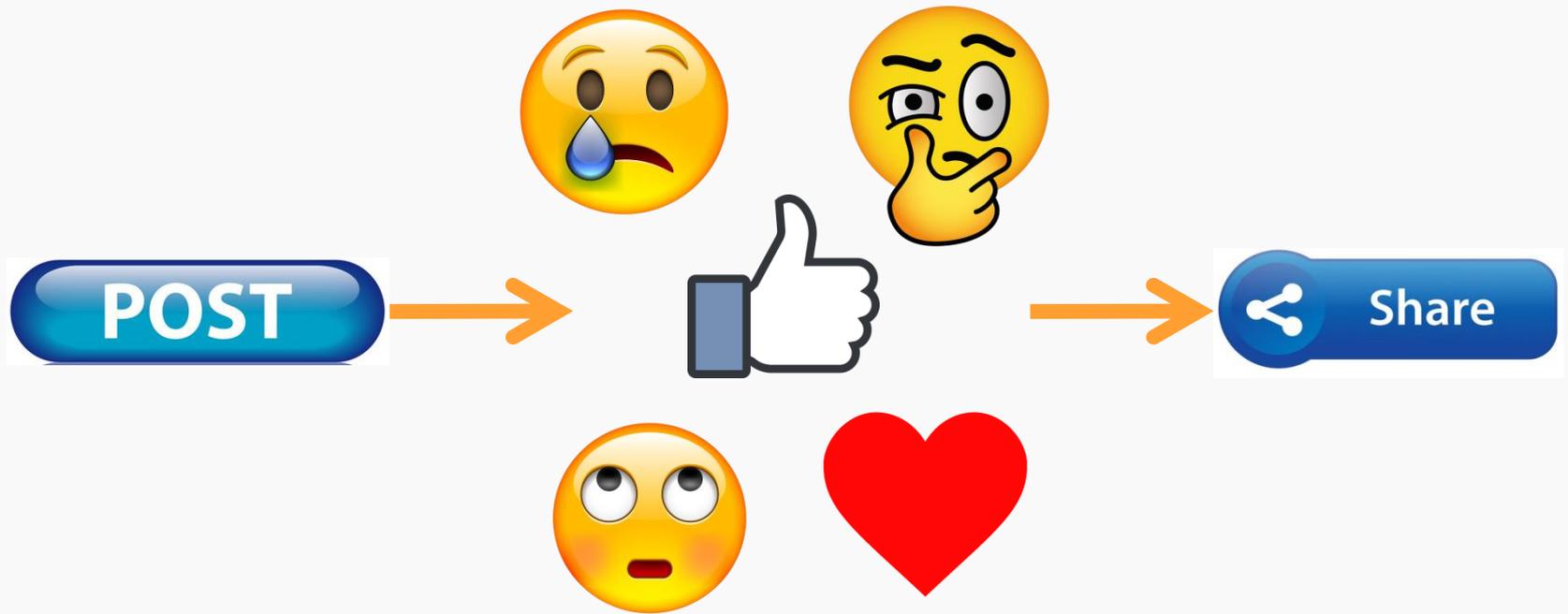
Create, connect and share respect: A better internet starts with you!

Wellbeing and healthy relationships

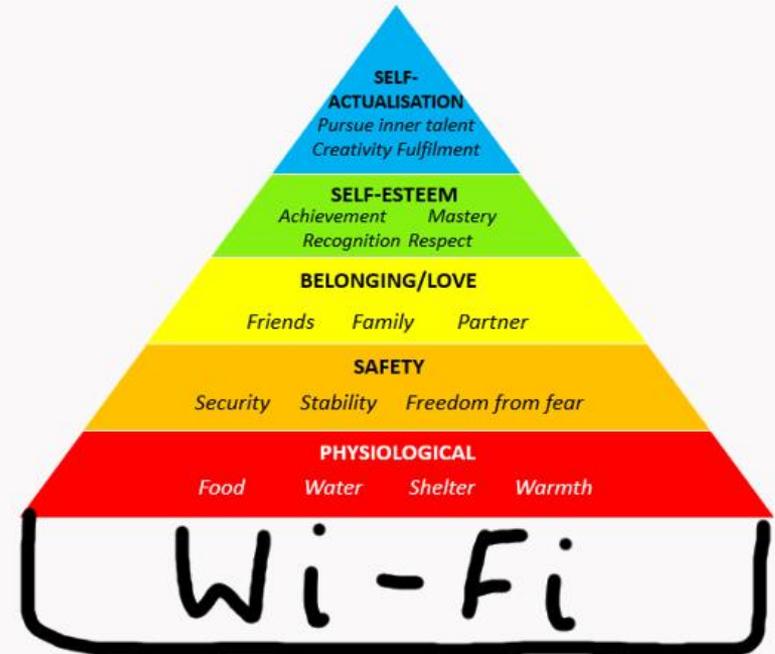
How do you use the internet to connect with others?



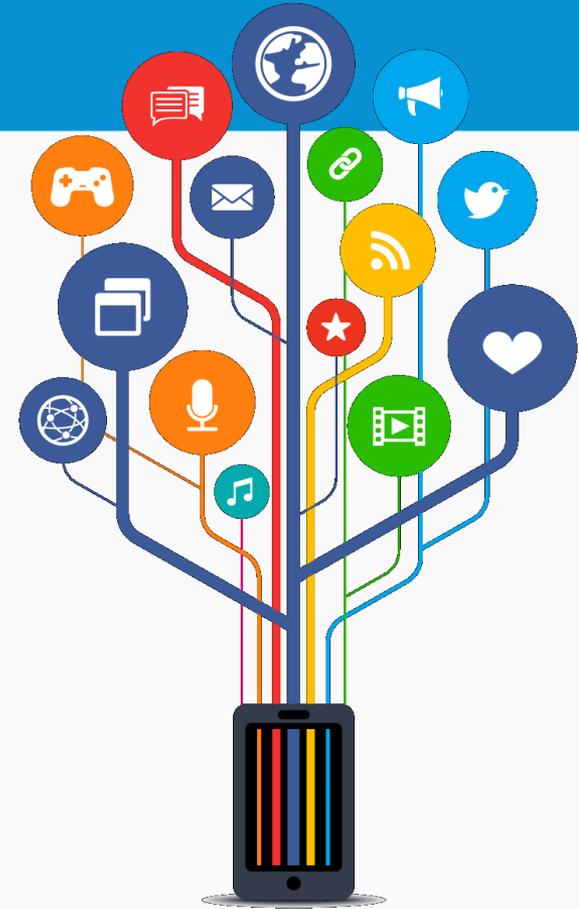
Is every online connection always positive?



Online = essential?



But, what is digital wellbeing?



Promoting positive digital wellbeing today and everyday!

Create, Connect
and Share Respect



Create content to spread
a positive message!

Create content for
others to enjoy!

Create

Create content to
express yourself

Create groups of
likeminded people to
share advice and
support

Can you think of any other ideas?

Can you think of any other ideas?

Write a positive
note to a friend

Sharing content for
people to enjoy!

Connect with content and
people that make you happy

Connect to like minded people
to share advice and support



Connect

Can you think of any other ideas?

Always ask before you share
a picture of someone else

Even if you disagree
with someone, keep it
respectful

Be aware of how jokes
can come across – not
everyone will know you
are joking and it might
offend or cause distress

Listen to other people's views

**& Share
Respect**

But is being online actually causing us harm?
Should we believe the headlines?

Have smartphones **destroyed a generation?**

Smartphones are making
today's **teens unhappy**

British teenagers among **world's most
extreme internet users**, report says

Social media is **harming the
mental health** of teenagers

Social media-obsessed teenagers
are so **frightened of real life** some
won't even answer the door

What do you think?

Social media is **harming the mental health** of teenagers

- A** – I completely agree, it's a real problem we should address.
- B** – What's the big deal, social media is just a bit of fun!
- C** – There are lots of things affecting teenagers, not just social media.
- D** – Something else...

What do you think?

Social media-obsessed teenagers are so **frightened of real life** some won't even answer the door

- A** – This is very true, and quite worrying.
- B** – No one is scared of real life because of social media!
- C** – This probably has some truth in it but what's the big deal?
- D** – Something else...

What can you do?

Everyone deserves to experience positive digital wellbeing!

But is social media the enemy or the answer?



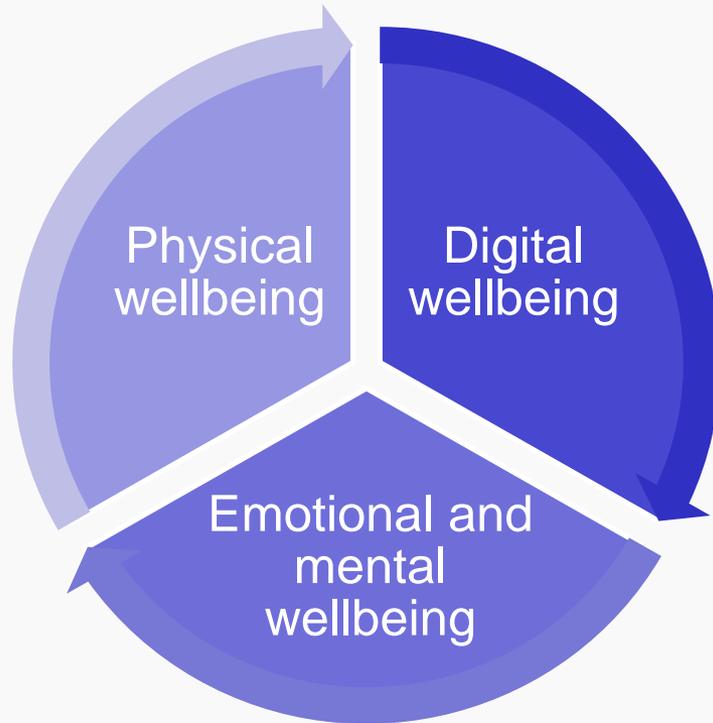
The answer?

Social media is...

-  It gives us a platform to spread positivity and kindness
-  It helps us reach out to people anytime or anywhere
-  We can express ourselves and share our individualities
-  We can find inspiration and ideas
-  We can share knowledge, opinions and stories with a huge global audience



Your wellbeing is important!



- ✓ Take care of yourself
- ✓ Ask for help
- ✓ Support others
- ✓ Be kind and respectful
- ✓ Take breaks
- ✓ Healthy balance

Body positivity

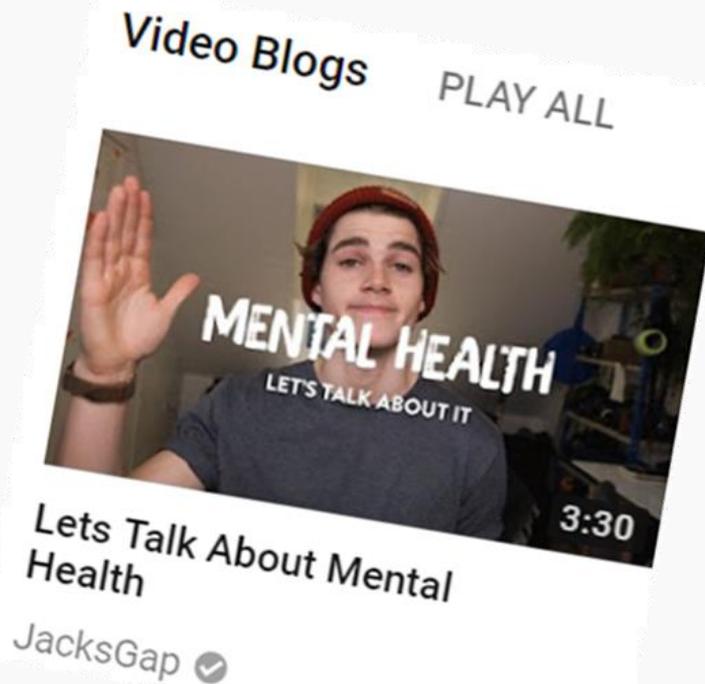
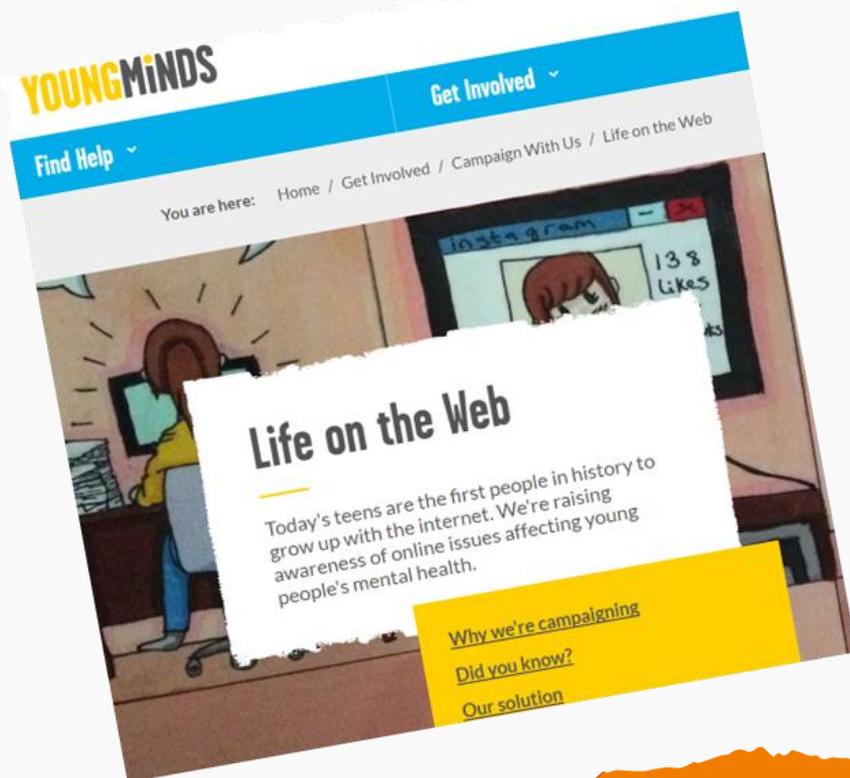


Welcome to the Dove Self-Esteem Project

At Dove, we believe no young person should be held back from reaching their full potential. However, low body confidence and anxieties over appearance stop young people being their best selves, affecting their health, friendships and even performance at school.... [Read more](#)



Mental health and wellbeing



Celebrating difference & giving people a voice



Raising awareness



 refugees • Follow
Bangladesh

refugees These families are some of the thousands of new Rohingya refugee arrivals to recently cross the border to Bangladesh.

We are working with partners to deliver food and water to the stranded refugees, among them children, women and the elderly who are dehydrated and hungry from the long journey.

An estimated 582,000 refugees have arrived in Bangladesh since violence erupted in Myanmar's northern Rakhine state on 25 August.

© UNHCR/Roger Arnold #Rohingya
#Refugees #Humanitarian #mother #child
#Baby #Bangladesh

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A better internet starts with us





6 February 2018

'Create, Connect and Share Respect: A better internet starts with you.'

<https://www.saferinternet.org.uk/safer-internet-day/2018/safer-internet-day-quiz-2018>

**How does the internet affect your day to day life
and your friendships online?
Take our quiz now to find out...**