

Staying Safe Online

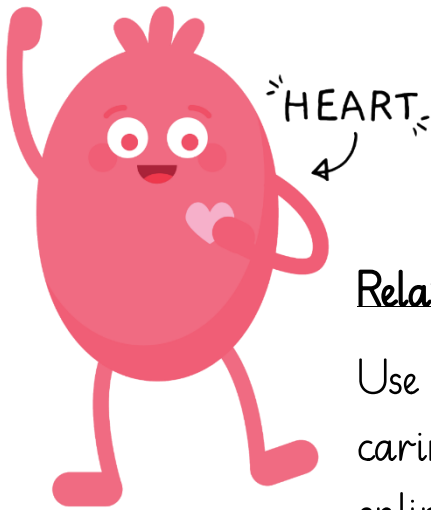
Cyberbullying

Use your **legs** to stand up to bullies online: don't allow people to speak to you rudely, tell them to stop and inform someone.



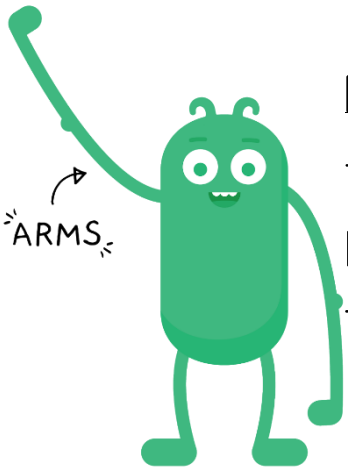
Relationships

Use your **heart** to be kind, caring and considerate when online.



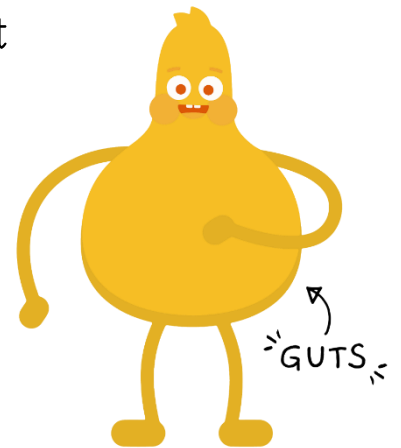
Media Balance and Wellbeing

Think about how your **arms** can help you balance your time online: you don't want to spend too much time on there.



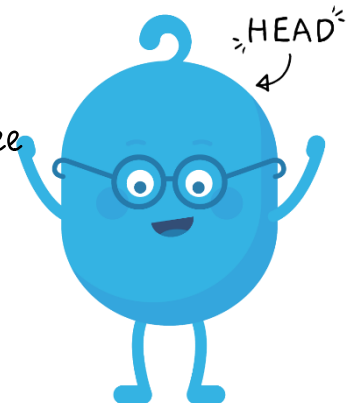
Privacy and Security

Listen to your **gut** to stay safe: if something doesn't feel right, tell!



News and Media Literacy

Use your **head** to ask questions about what you see online: it might not always be true!



Digital Footprint and Identity

Think about where you leave your **footprints** when you go online – different sites or comments you say will leave tracks behind.

