

Rydal - Digital Wellbeing



Please talk about each of these key points around staying safe and healthy online, then try some of the challenges!

1) If we feel sad, worried or frightened by something we see, we must tell an adult we trust.



2) We should be kind to our friends if we send them a message.



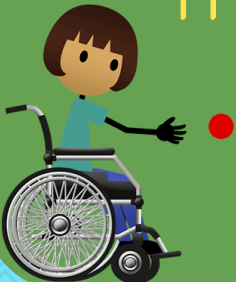
Digital Wellbeing



Can you create a poster around staying safe online? Draw a picture? Tell a family member?

Can you choose a different activity other than going online? Reading? Boardgame?

3) We should do lots of different things to keep our mind and our body happy and healthy.



4) We should never share things online which are private.

