

Top 5 online safety tips



- 1 Think of others' feelings** before you post, like or share content.
- 2 Ask for permission** before you share a photo or video with someone else in it. Respectful online relationships start with consent.
- 3 Be an upstander.** Speak up if you see someone cyberbullying or sharing nudes in a group chat – let them know that's not OK. Report and delete it.
- 4 Use privacy and screen time settings** to take control of your digital life and its impact on your mental health.
- 5 Ask for help.** Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.