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 okay. 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.