



Practise Healthy Digital Habits

DIGITAL
FOR LIFE



PLAY IT FORWARD

SCROLL SMART SURF SAFE



SET

Set boundaries to manage your screen use and online interactions

- ✓ Use privacy tools to keep your info private
- ✓ Check age rating before downloading apps
- ✓ Balance screen use with offline activities



THINK

Think before you act to safeguard your digital footprint

- ✓ Be kind and respectful online
- ✓ Evaluate online content critically
- ✓ Share mindfully to protect your online reputation



REPORT

Report inappropriate content to keep everyone safe

- ✓ Know the different online risks and harms
- ✓ Report abusive content or users using in-app tools and to relevant authorities
- ✓ Block accounts that make you feel unsafe

ENGAGE & SUPPORT

Engage a trusted person and seek support proactively

- ✓ Talk to someone if something online makes you uncomfortable
- ✓ Seek professional help early, if needed
- ✓ Support your friends when they face problems



Want more tips and tools to build healthier digital habits?
Come along and Scroll Smart, Surf Safe with us!