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
- ☑ Be mindful of what you share online

REPORT

Report inappropriate content to keep everyone safe

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

ENGAGE & SUPPORT

Engage a trusted adult or peer 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!