

# Finding Your Online Vibe: Connecting with Your Online Community

The internet is where we can connect with friends and family, express our creativity, and discover new things. It helps us find others who share our interests and learn together. Let's stay true to ourselves online and learn safely from our experiences.

*Here's a checklist to help you have a blast and stay safe online:*



**I know how to keep my personal information private.**

- My online accounts are set to private.
- I am only friends with people I know in the real world.
- I'm savvy about blocking and reporting users on the social media platforms and games I use.



**I think about my online choices.**

- Before posting, I think about how my words will impact others: Would I say it to their face, and am I respecting their feelings?
- Have I thought about how what I share might affect my online reputation, including with future employers or even my grandparents?



**I know how to support my mental well-being .**

- I unfollow, mute, or block anyone who brings negative vibes into my online experience.
- I ensure I get enough sleep at night to be at my best.
- I limit my social media and gaming time to focus on hobbies and socialising with family and friends.



**I know how and where to seek support on and offline.**

- I reach out to someone if I'm upset by what I see online:
  - Friends
  - Family
  - Teachers
  - Childline
  - Kooth
  - CEOP
- Remember, it's always okay to speak up!

**For Online Safety Information, Advise & Guidance visit:**