

**THINK
BEFORE
YOU
POST**



**SHARE FEEL-GOOD
CONTENT & LEAVE
POSITIVE COMMENTS**

NEWS
DOUBLE CHECK
STORIES –
DON'T FALL FOR
FAKE NEWS!

**MAKE THE
MOST OF THE
OUTDOORS**

**USE CAUTION
ON PUBLIC
WIFI**

Stay off devices just before bed

Report bullies & ignore trolls

**KEEP YOUR
PERSONAL
DETAILS
PRIVATE**

**AVOID BINGE
STREAMING AND
ALL-DAY GAMING**

**TAKE
FREQUENT
BREAKS**

**ENJOY
SCREEN-FREE
ACTIVITIES**

**BE CAREFUL
WITH IN-APP
SPENDING**



**National
Online
Safety®**

#WakeUpWednesday