



**Digital
resilience**



Visiting a social media site



What challenges might occur?

An online 'friend' might say something hurtful about you.

How can I protect myself?

Act with understanding.

Be aware that 'virtual friends' are not the same as real friends. They may not be who they appear to be. Stick to people you know. Report any abusive messages to an adult immediately.



Visiting a social media site



What challenges might occur?

You might say something hurtful about somebody else.

How can I protect myself?

Act responsibly.

Don't say things online that you wouldn't say in the real world. Treat others the way that you would like to be treated.



Visiting a social media site



**What challenges
might occur?**

You stay up too late
using social media
and you don't get
enough sleep

How can I protect myself?

Act with self-control.

Set a time limit for your online
activity and stick to it.



Visiting a social media site



What challenges might occur?	How can I protect myself?
<p>You find yourself exaggerating to impress your online friends</p>	<p>Act with truthfulness.</p> <p>Be true to yourself. Don't try to look like something that you are not.</p>