



Under 18? Spending more time online due to the COVID-19 situation?

Here are some things to consider to make sure that you are safe online:

- ❖ **Create an online/offline balance** – It is fun and easy to spend hours online but it is important to create a balance. Offline activities may include reading a book, playing a board game and/or exploring a hobby. It is also important to do physical activity.
- ❖ **Manage your time well** – Make a timetable to include schoolwork and other activities, this will help you to have a routine. Screen breaks should also be included.
- ❖ **Make the most of online learning** – Do not get distracted by chatting/playing games with friends when following online lessons or doing schoolwork. Always respect your privacy and that of your teachers and those around you.
- ❖ **Be Respectful** – Use technology to be creative and to express yourself but always remember to respect yourself and others. Do not hide behind a screen!
- ❖ **Use Apps/play games which are appropriate for your age** – Certain apps and games may look like fun and probably everyone is using them however, the age rating is there for a reason!
- ❖ **Communicate with others** – In a time of physical distancing it is important to keep in touch with family and friends, this can be done easily with technology but always make sure you know the person you are speaking to!
- ❖ **Only communicate with people you know** – When chatting, making video calls or playing games online, make sure to only communicate with people you know. If someone makes you feel uncomfortable online, speak to an adult you trust.
- ❖ **Beat the Boredom** – Do not do things online that may be harmful. If you are in doubt speak to a parent/carer or an adult you trust.
- ❖ **Do not believe everything you see online** – The internet is full of fake news. Think critically and make sure that the website you are using or searching is reliable.
- ❖ **Think before you post** – Once you share something online it can last forever, you will lose control over who saves/shares your post. Post responsibly!
- ❖ **Seek advice** – Should you wish to discuss any issues regarding online safety contact the **helpline 179**.
- ❖ **Report abuse** – If you or your friends encounter abuse online such as cyber-bullying, take action and report it! This can be done also through the helpline 179 or through the report abuse button on www.besmartonline.org.mt

 @saferinternet.mt



be SMART
ONLINE!

