

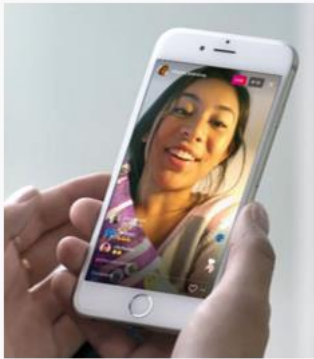


Create, connect and share respect: A better internet starts with you!

Wellbeing and healthy relationships



Connected lives



How does going online make us feel?



Relationships are tricky online



Are you there!?!

I really like your hair

Accept request?



You have 11 new messages





British teenagers among **world's most extreme internet users**, report says

Social media is **harming the mental health** of teenagers

What is digital wellbeing?





Safer
Internet
Day

'Create, Connect and Share Respect: A better internet starts with you.'

Healthy relationships



Body positivity

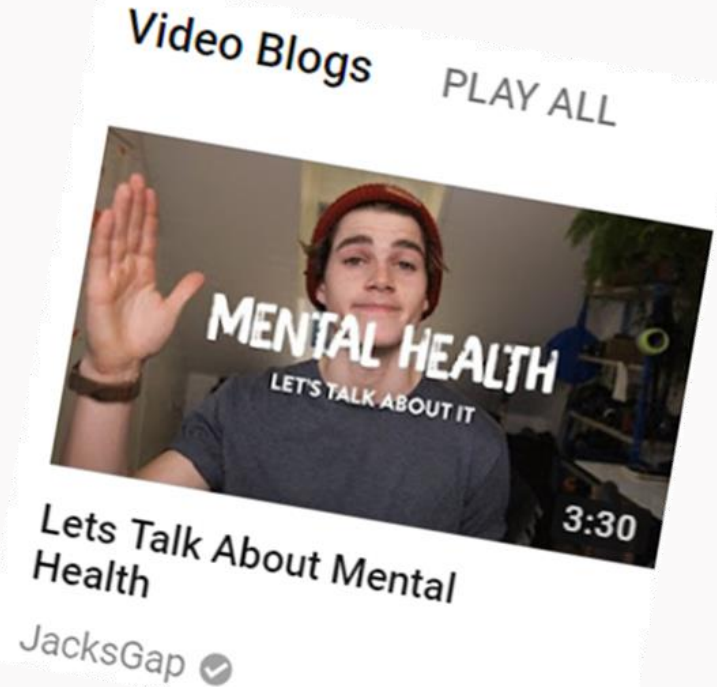
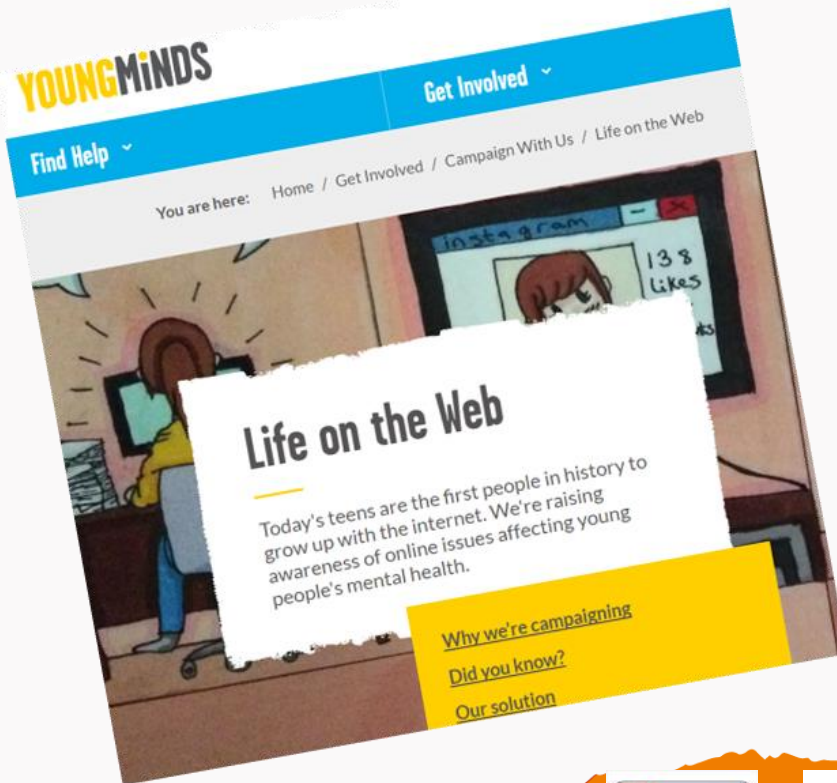


Welcome to the Dove Self-Esteem Project

At Dove, we believe no young person should be held back from reaching their full potential. However, low body confidence and anxieties over appearance stop young people being their best selves, affecting their health, friendships and even performance at school.... [Read more](#)



Mental health and wellbeing



What can you do?



Digital wellbeing

- ✓ I will talk to someone if I am feeling down after going online
- ✓ I will connect with respect (and report people who do not)
- ✓ I will share positive messages
- ✓ I will think critically when I go online
- ✓ I will have a healthy balance with technology



Helping others

- ✓ Lead by example
- ✓ Talk about your feelings
- ✓ Challenge disrespectful behaviour online
- ✓ Look out for people online
- ✓ Push for changes that can make the internet a better place for all
- ✓ Highlight fake news
- ✓ Promote a healthy balance with technology



A better internet starts with us



For Help:

- 1) Speak to a Teacher
- 2) Help online



Worried about something
you've seen online?

CLICK TO REPORT IT!

