

Finding your tribe online

The internet and social media have great places to connect with others like you, whether that's because you have the same niche interests, gender identity or learning differences (like autism or ADHD, for example).

Here's a handy checklist to make sure you've done everything you can to have a great time online:

I use settings

- I've checked my settings in the last month:
 - I know the people who follow my private accounts in real life.
 - People who follow my public accounts don't see my personal information*.
- I know how to report and block on my favourite social media and chat.

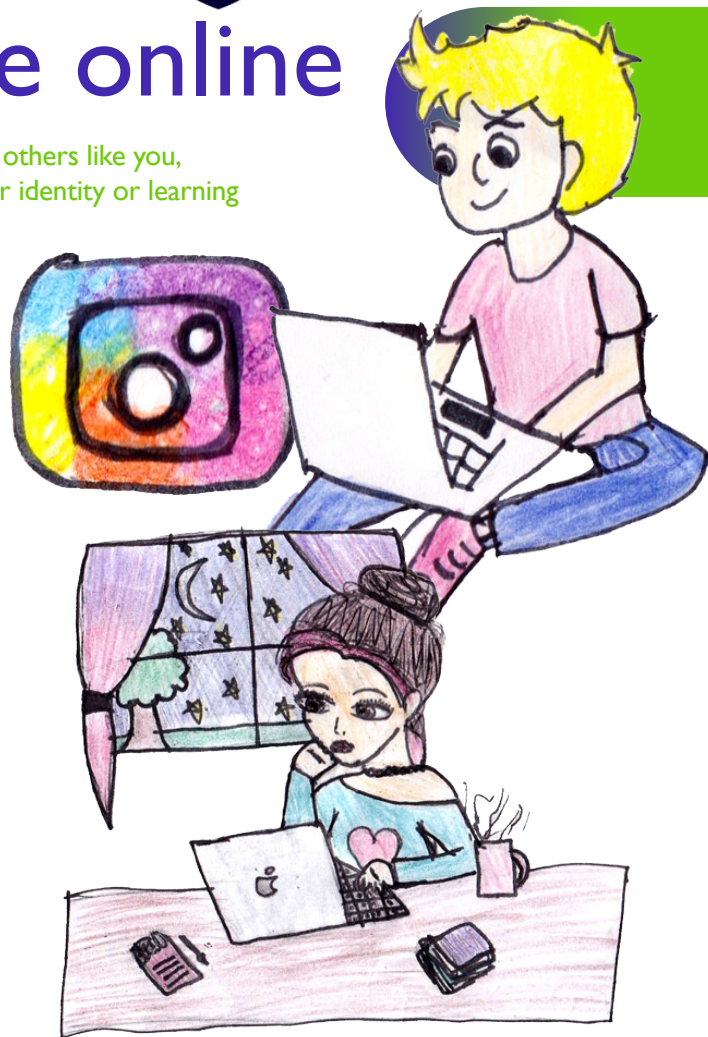
I think about consequences

Before I post, I think about how my words will impact:

- Others - Would I say it to their face? Am I respecting their feelings?
- My reputation - What would an employer think? Or my nan?!

I get and give support

- I talk to someone if I'm upset by what I see online:
 - Friends
 - Family
 - Childline: <https://www.childline.org.uk/get-support/>
 - Kooth: <https://www.kooth.com/>
- I reach out to others having a hard time online – helping others helps me feel better.



I keep it real

- I make sure I get enough sleep at night so I can be my best self.
- I unfollow, mute or block anyone who keeps giving me bad vibes online.
- I don't post personal information* on public accounts.

* Personal information is any info that means someone could identify you or steal your identity, like your real name, where you live or go to school, or your birthday, for example.

These apps are all
free to download

