Today is **Safer Internet Day** and the theme this year is **All Fun and Games? Exploring respect and relationships online**.

The internet can be a great place to learn new things, keep in touch with friends and to have fun. However, it can also impact negatively on our mental health and wellbeing. The UK Safer Internet Centre has some tips to help you stay safe and positive online, as well as how you can #PlayYourPart in creating a better internet by using:

Using your actions and words with care - what you do, say and share online can have a big impact on the way other people feel, as well as how others perceive you. When emotions are high, take a moment to reflect and continue when you're feeling calmer.

Building healthy relationships - listen to and support your friends both online and offline by respecting their boundaries and treating them with kindness. Look out for signs of an unhealthy relationship – if someone is pressuring you, is dishonest, or makes you feel uncomfortable, know that you can always talk to an adult or friend you trust

Being an upstander when you see bullying, harassment or hate - By using reporting tools or speaking out if you feel able to do so, you can offer support to the victims of these behaviours. This can help people to feel less alone and can encourage them to seek further assistance if they need it. Keeping a look out for suspicious information and people online.

Knowing it's never too late to talk to an adult about something you're experiencing online - Even if you're worried it might be uncomfortable, or you think you've done something wrong, speaking to someone is the first step in getting support and moving forward

The UK Safer Internet Centre spoke with secondary schools around the UK to discuss what they thought was most important when it came to respect and relationships online when gaming for Safer Internet Day 2022

Click on the link below to access the video.

https://www.youtube.com/watch?v=yXyUZDQPmZg