

GUIDELINES FOR SAFE USE OF THE INTERNET

- **Be respectful on the internet.** You never know everyone's back story and what things could hurt them, so just treat others the way you would like to be treated.
- **Think before you post.** Once you publish something you lose control over it, be careful with the kind of information that you want to share.
- **Find a hobby.** Don't spend too much time online there are many other interesting and practical things to do.
- **Put away your phone.** Especially 2h before going to bed because you will sleep better.
- **Use the internet wisely.** Don't use it just for fun. The internet is full of knowledge that can be useful for your education.
- **If someone really needs you, they will call.** Don't feel like responding to the text right away.
- **Try to reduce your screen time.** Turn off notifications, find a hobby or talk to your friend
- **Take screenshots of suspicious texts and texts from bullies for evidence.** If it comes to breaking the law, it can be crucial evidence.
- **Enjoy your life.** There is more than just the phone.

Dear students,

We invite you to keep a journal of your aware use of the internet (following the guidelines above) and take notes on the following issues/concerns:

My journal:

I find it especially easy ...

I find it especially difficult ...

I believe I can change this habit / these habits ...

For the time being I will not be able to change the following habit(s) ...

My final observations:

We invite you to personalize your journal and **write with your hand**, don't type. You are also invited to be creative: draw, paint, write down your thoughts.