

Wellbeing Poster

With Internet Safety week approaching, the Wellbeing Poster this week looks at what to encourage your children to do if they come across something that makes them unhappy while using the Internet (taken from Safer Schools).

If the child in your care comes across something scary or disturbing online, encourage them to:

1



STOP

what they are doing
and turn off their
screen/switch off
device

2



PAUSE

to take a breath and
try to stay calm

3



THINK

about something else
that makes them
happy

4



TALK

to an adult they trust
about what they saw
and how it made
them feel