THE DIGITAL WELLNESS PACT: 10 STEPS TO A HEALTHIER ONLINE LIFE

You will stop spreading fake news.

You will protect your devices.

Hackers won't steal your accounts.

You will have more time to rest.

You will enrich your knowledge

You will create a positive community.

You won't hurt someone's feelings.

You will improve your energy.

You will improve mental health.

You will be a responsible digital citizen.

1 SET SCREEN TIME LIMITS

If you set daily limits for screen use, _____

2 RESPECT DIVERSE OPINIONS

If you respect other people's opinions in comment sections, _____

3 PRIORITIZE SLEEP

If you stop using devices an hour before bed, _____

4 THINK BEFORE YOU CLICK

If you think carefully before clicking on strange links, _____

5 USE STRONG PASSWORDS

If you use strong and unique passwords, _____

6 STAND AGAINST CYBERBULLYING

If you report and block harmful content, _____

7 CHECK YOUR SOURCES

If you check your sources before believing a post, _____

8 BE KIND ONLINE

If you post hurtful comments, _____

9 LEARN A NEW SKILL

If you use the internet for learning and creativity, _____

10 BE AUTHENTIC

If you act online the same way you act in _____

LIVEWORKSHEETS