

## In Control of your Device

- ✓ Use a **mobile tracking app** to track how much time you spend on what online
- ✓ Remember #QualityVQuantity #LoveTech
- ✓ Use '**Do Not Disturb**' function #QualityTimeOffline
- ✓ Use '**Night Shift**' mode; banish #BlueScreen
- ✓ Buy an alarm clock? #ManageTemptation
- ✓ Charge phone outside bedroom #NoDistractions
- ✓ Avoid device for an hour before bedtime #LoveSleep
- ✓ Swap mobile device for a book in bed? #Escape



## Dealing with strangers

- ✓ **Use Google Reverse** (to identify original source of an image)
- ✓ **Talk to someone** #PersonalStrength
- ✓ **Online support services:** <https://www ispcc ie> / <https://www pieta ie>/
- ✓ **Report:** <https://www hotline ie> / <https://www garda ie>/



## Getting through tough times online (<https://www helpguide org/>)

- ✓ **Don't blame yourself.** It is not your fault. Never be ashamed of who you are or what you feel.
- ✓ Try to view cyberbullying from a different perspective. **This person wants to have control over your feelings.** Don't give them the satisfaction.
- ✓ **Don't beat yourself up.** Don't dwell on/read the message(s) over and over. Focus on positive experiences.
- ✓ **Your value is not measured by how many likes, shares and great comments that you get online.** There are many wonderful and unique things about you so be proud of who you are.
- ✓ The more time you spend doing things you enjoy like **sports and other hobbies**; the less significance cyberbullying will have on your life.
- ✓ **Learning to deal with stress** can make you more resilient so you won't feel so overwhelmed if you are being cyberbullied. Exercise, meditation and positive self-talk are all good ways to manage stress.
- ✓ **Get support and don't suffer in silence.** Talking to an adult you can trust will help you get through tough times. Think about online support services.

## Useful Support Websites for Students

- ✓ <https://spunout ie> / <http://www aware ie> / <http://www youth ie> / <http://www belongto org>/