

Safer Internet Day 2021: Managing Wellbeing & Resilience Calendar February 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8	9 Safer Internet Day: Unfollow people or groups on Social Media that make you feel unhappy	10 Try to spend two hours away from your phone and social media today!	11 Check your privacy settings on Social Media	12 Update your passwords – are the safe and secure? Use a mixture of symbols and letters	13 Check your photo on your email – is it suitable or should you change it?
14 Focus on being kind rather than being right	10 Show an active interest by asking someone questions when talking to them	16 Review your tagged photos online	17 Check your friends and followers – remove anyone you don't trust	18 Check your screen time – what apps do you spend most time on?	19 Check you email and delete unwanted messages	20 Try to spend three hours away from your phone and social media today
21 Ask a friend how they are	22 Delete old profiles and accounts	23 Check the titles of files in your One Drive	24 Check all the group chats you have been added to	25 Send a message to someone saying how much they mean to you / compliment them	26 Thank three people you are grateful for and tell them why	27 Learn more about your online rights on webwise.ie
28 Set limits on your most used apps						