



12 Top Tips

For staying connected

- Think of other people who might be feeling lonely – can you think of a way to reach out to them?
- Try to reach out to someone who might not have access to a device. You could try to reach out by sending postcards or a hand-written letter.
- Use the telephone to call your friends. Sometimes a phone call can be better for us because you can make contact with a loved one without using a screen.
- If you talk to a friend online who feels worried, try to share positive news as well as listening to their feelings, and encourage them to look to the future.
- Quality not quantity. A shorter, quality chat with one or a few friends, is much better than a really long one with lots of people, where you might not be able to talk properly.
- Focus on one conversation at a time. Try not to have lots of apps or windows open all at once. You feel more connected if you give one conversation at a time your full attention.
- Remember your digital footprint. Anything you post online can be shared and will be floating around in cyberspace...Make sure you only post or write things that you know are appropriate.
- If you are using a digital platform, think about the age limit. If there is an age limit, this will be for a good reason. Be sure that you have researched this, and that your parents know which platforms you are using.
- If you set up a group with your friends online, be sure that it is secure. Do you know everyone in the group? If not, you should tell someone you trust so they can check the group is safe.
- If you are feeling angry or upset, think about how you communicate this to your friends. A large online group forum is probably not the best place to share difficult emotions; you may be better chatting to a close friend or a family member.
- Create a 'work-life balance' – as you know, your phone must not be with you during the school day. Make sure you are following our AUP and separating your social communications from your school-work.
- Be Kind! The same rules apply online as they would do in the 'real world'. Don't write anything down that might make someone feel sad or left out.