

Our Digital Pact

Your Space. Your Rules.



1.

MANAGE SCREEN TIME LIKE A MASTER BALANCE IS KEY

- Set healthy limits
- Avoid doom scrolling
- Use digital wellbeing tools



2.

DIGITAL FOOTPRINTS WHAT YOU DO ONLINE STAYS ONLINE

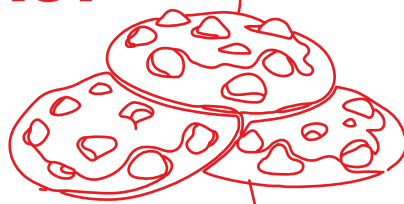
- Pause before you post or comment
- Protect your images and videos
- Check what comes up when you search yourself



3.

PROTECT YOUR PRIVACY YOUR DATA IS YOUR TREASURE CHEST

- Review your privacy settings
- Be aware of internet cookies
- Only accept requests from people you trust



4.

STAY SAFE FROM SCAMS IF IT LOOKS TOO GOOD TO BE TRUE, IT PROBABLY IS

- Think before clicking
- Verify before buying
- Watch out for fake giveaways



5.

CYBER-BULLYING DON'T GIVE BULLIES POWER

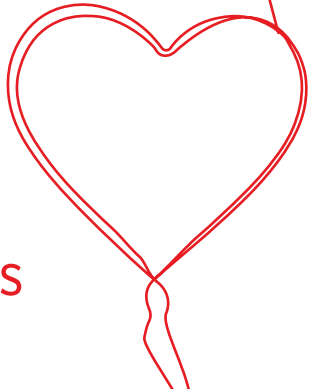
- Block, mute, and report
- Take breaks from negativity
- Talk to someone you trust



6.

KNOW WHEN TO ASK FOR HELP YOU'RE NOT ALONE

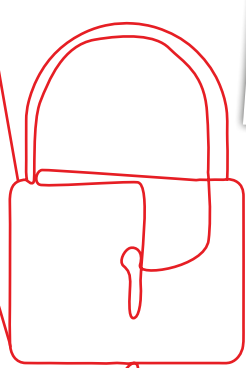
- Trust your instincts
- Use reporting features
- Reach out to support services



7.

AVOID OVERSHARING THINK BEFORE YOU POST

- Think twice before posting
- Keep personal details private
- Consider your audience



8.

RESPECT ONLINE BOUNDARIES SOCIAL MEDIA SHOULD WORK FOR YOU, NOT AGAINST YOU

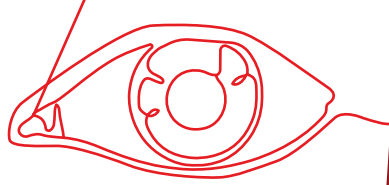
- Respect others
- Set boundaries for yourself
- If it's affecting your mental health, take a break



9.

SMART DIGITAL HABITS TAKE BACK CONTROL OF YOUR ONLINE WORLD

- Be mindful of fake news
- Limit your exposure to harmful content
- Take control of your online experience



By Young People
& **Vodafone**