

# OWN YOUR ONLINE IDENTITY

**Express yourself - however YOU want.**

Don't feel pressured to make an announcement about your identity - create avatars or personalise your bio. Go at your own pace!



Surround yourself with positive content from your community. Interact with caring, understanding people!

**#LoveWins**

**~~Ignore~~  
SPEAK  
ABOUT the  
haters.**

Tell a trusted person about online hate. Use report and block tools. Remember you can always call Childline on 0800 1111



If you witness abuse or discrimination online, reach out to those targeted to show them that they are not alone.

**Be an upstander, not a bystander.**

**Make your voice HEARD.**

You can use the internet to make positive change in different ways. Do your research before sharing, and prioritise your digital wellbeing.

