SAFER INTERNET DAY 2027

Reflect on Tech: Pause, Balance, Connect

Celebrating 20 YEARS of Safer Internet Day in the UK!

Tuesday 9 February 2027

A SAFER, KINDER, BRIGHTER ONLINE WORLD FOR EVERYONE!

What does a healthy digital relationship look like to you?



DIGITAL WELLBEING

- Look after your mind and feelings online.
- Take breaks and do what makes you happy!

HEALTHY SCREEN TIME

- Find a balance that works for you.
- Make time for friends, family, hobbies and outdoor fun!

MOOD IMPACT

- Notice how tech makes you feel.
- If something makes you feel sad, worried or stressed, talk to a trusted adult.

ONLINE PRESSURES

- It's okay to say no.
- You don't have to do what others expect.
- Be yourself – you are amazing just as you are!

FINDING BALANCE

- Enjoy the best of online and offline life.
- Technology is a tool – it should help you, not take over!

PAUSE

Before you click, post or share:



- ☑ Is it kind?
- ☑ Is it true?
- ☑ Is it safe?
- ☑ Would I be happy for others to see it?

BALANCE



Make time for both online and offline!

CONNECT



Talk to trusted adults when something online worries you.

- ♥ Parents & Carers
- ♥ Teachers
- ♥ Family Members
- ♥ Trusted Professionals

LOOK CLOSER

Think about what you see online.

THINK SMARTER

Check information before believing or sharing it.

POST WISER

Protect your privacy and think before posting.

PROTECT YOUR DIGITAL IDENTITY

- ♥ Keep personal information private
- ♥ Use strong passwords
- ♥ Never share personal details with strangers
- ♥ Be respectful online
- ♥ Report anything that makes you uncomfortable



A HAPPIER, HEALTHIER YOU! ♥

BE SAFE • BE KIND
BE BALANCED ♥

Together, let's build healthier, safer and happier digital lives. ♥

A BRIGHTER TOMORROW STARTS WITH SAFER CHOICES TODAY ☺