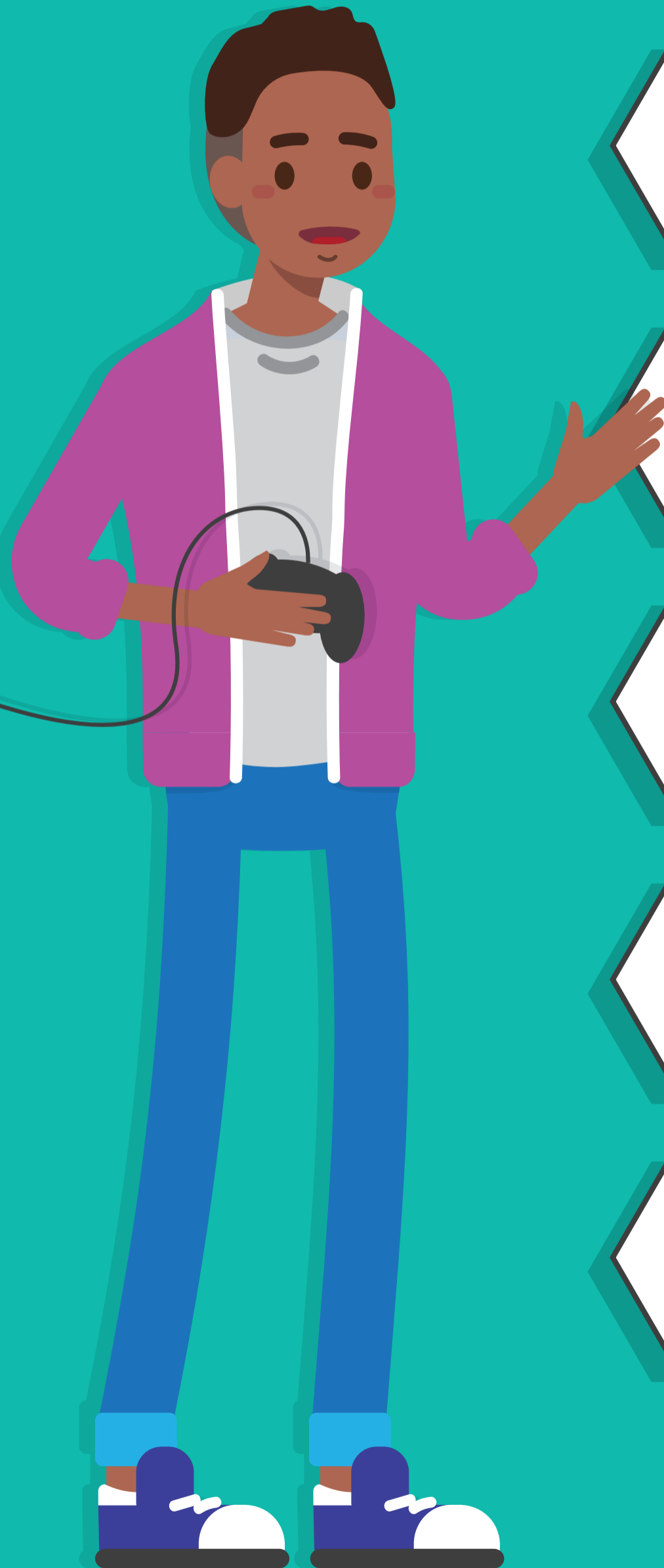


WHAT CAN I DO

To find a healthy digital balance?



S

SWITCH

—
OFF

T

TAKE

—
A BREAK

A

DO SOMETHING

—
ACTIVE

R

HAVE A

—
REST

T

TIME

—
TO GO BACK
ONLINE

CYBER
SAFETY
PROJECT