

## **Cyber Wellness**

# **A good digital citizen...**

- 1. Advocates for equal digital rights and access for all**
- 2. Treats others with respect in online spaces and never cyberbullies.**
- 3. Makes appropriate decisions when communicating through a variety of digital channels**
- 4. Uses digital tools to advance their learning and keeps up with changing technologies**
- 5. Makes responsible online purchasing decisions and protects their payment information**
- 6. Upholds basic human rights in all digital forums**
- 7. Protects personal information from outside forces that might cause harm**
- 8. Has a balanced life and understands the psychological impact of technology.**



**Western Cape  
Government**

Education

**Bringing learning to life.  
BETTER TOGETHER.**