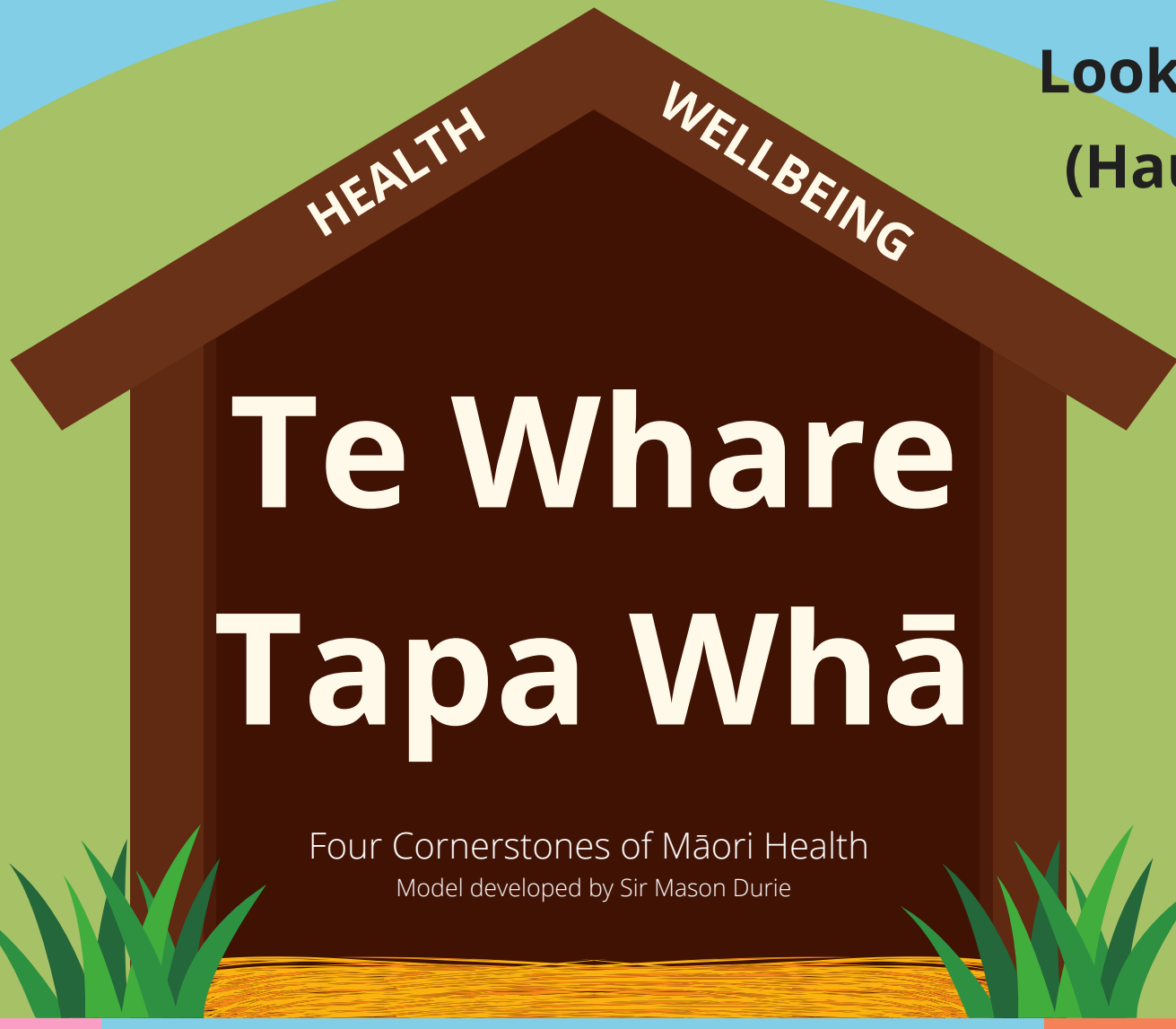


Looking after our whole selves (Hauora) when we're online.



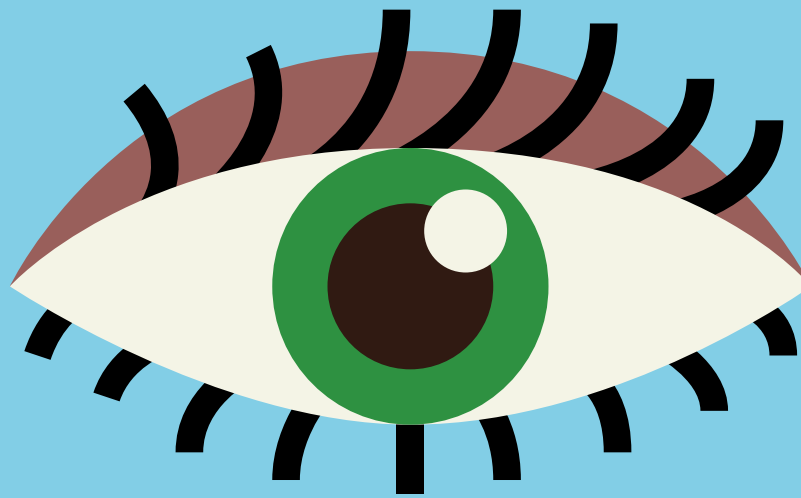
Taha Whānau
Family Health
Taha Hinengaro
Mental Health

Taha Wairua
Spiritual Health
Taha Tinana
Physical Health

Balance greentime



20 / 20 rule



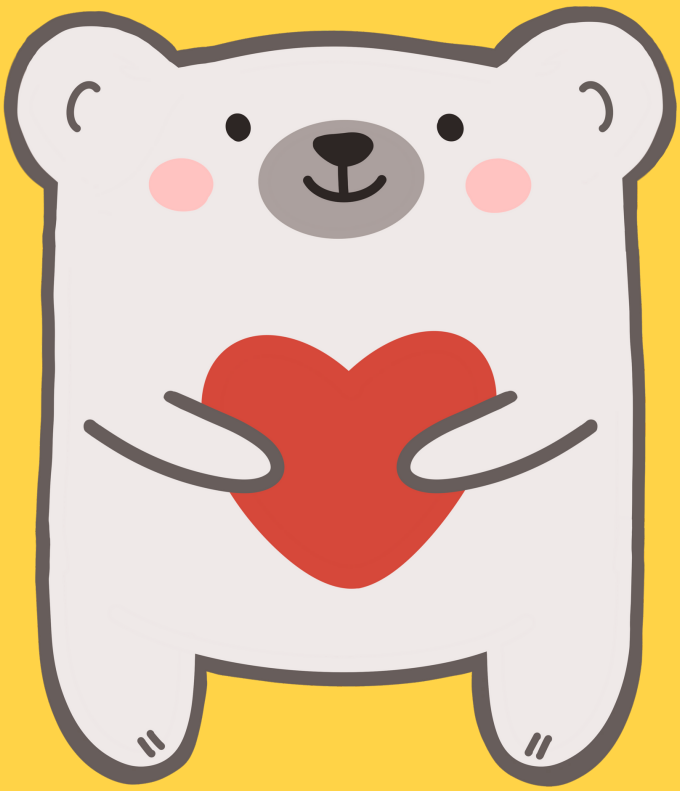
Take 20 seconds every 20 mins and look 20 feet away at something

Looking after our bodies

Necks, backs and bodies can get tired and sore when we use our devices.

Change position, walk around, sit up, stretch out arms and fingers, necks and shoulders.

Values online - shining positivity



Manaakitanga
Aroha, kindness, honesty

Rangatiratanga
Self directed, responsible

Whanaungatanga
Thinking of others, belonging

Kotahitanga
Unity, one together

Māramatanga
Understanding, insight

Kaitiakitanga
Guardianship, long term care



Together with Whānau

Talk to whānau about the things you like doing online, what you're learning, games you like to play, and the ways you keep yourself safe online.

Tell an adult you trust or ask for help if you are worried, sad, mad, or someone is doing something that isn't okay, or makes you feel yuk.



What are other ways we can look after our wellbeing when we are online?