



Healthy and Respectful Relationships Online

Assembly objectives:

- What healthy behaviour looks like online
- How to spot red flags
- How to avoid digital pressure
- How to be a positive and responsible digital citizen.

What is a healthy online relationship?

The online world can offer a fun and safe space for communities and healthy relationships.

- 1 **Respectful**
- 2 **Honest**
- 3 **No pressure**
- 4 **Safe**
- 5 **Supportive**



How do your online relationships make you feel?



To accept or not to accept?

When adding someone online, always think:

- **Have I met them in real life?**
- **Do I really know them?**
- **Are they my age?**
- **Could they be lying about who they are?**
- **Do I know the person in the picture?**
- **Does the profile look real?**
- **Do we have real friends in common?**
- **Is the account private or open?**
- **Have they sent strange or personal messages?**
- **Does accepting them feel safe?**

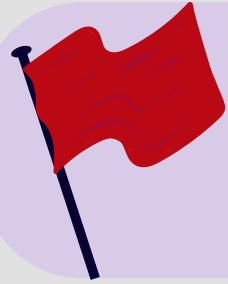
Serious Red Flags



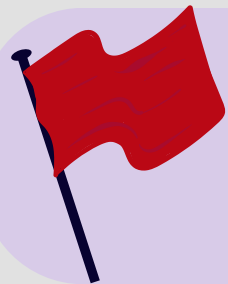
Has a relationship online ever made you feel:

- Anxious?
- Pressured?

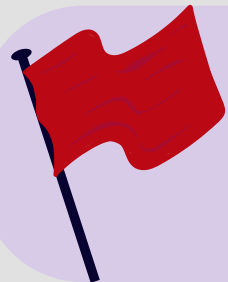
Remember: if someone online makes you feel negative, you don't have to respond or agree to what they say. Tell a trusted adult, older sibling or report it!



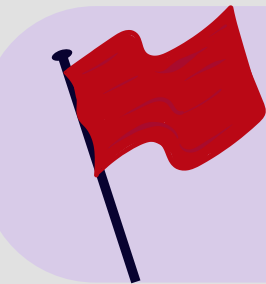
Asking for passwords



Pressuring for pictures



Getting angry if you don't reply



Threatening to share content

Real friends...

Respect your boundaries

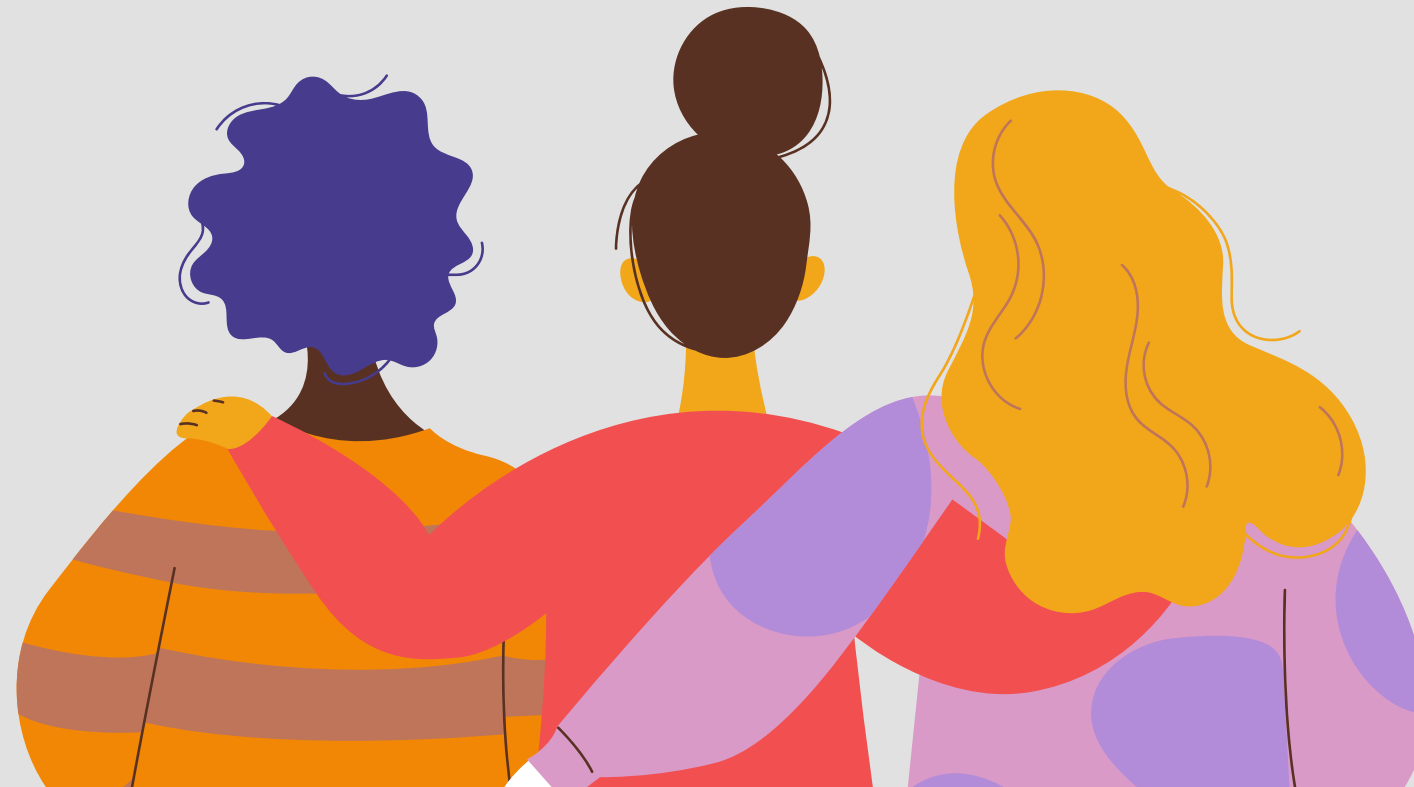
Don't screenshot private chats

Don't embarrass you publicly

Support you offline too



Online friendships can be great, but don't forget about your friends and family too! We all need face-to-face connections and interactions.



Digital Pressure

Online pressure can look like:

"If you loved me, you would..."

"Don't tell anyone."

"I won't save it I promise."

"Send me something."

"You must post this."

Being a Positive Digital Citizen



Don't pile on in comment sections



Don't forward harmful content.



Don't laugh at someone's expense

1

Bystander: Watches harm happen.

2

Upstander: Reports, supports, or intervenes safely.

Thank you for listening!

- Healthy relationships are respectful and pressure-free.
- Real friends respect your boundaries.
- Online pressure is not a sign of care.
- Don't forward or screenshot private content.
- If something feels wrong, tell a trusted adult.

