

10 Online safety tips to support Mental Health



- Bring your positive self
- Respect the opinions of others
- Celebrate our differences



- Treat others the way you would want to be treated
 - Communicate with kindness
 - Try not to react to situations with anger



- Don't spread rumours
- Take regular screen breaks
- Talk to a trusted adult if you feel worried
- Remember to question what's online

Mental Health Tips Phonics Practice In The Us

Michal Rosen-Zvi

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this edition include separate chapters on language development and literacy development new tables linking learning activities with specific content area standards streamlined content throughout and new Web sites Instructor ,1976

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