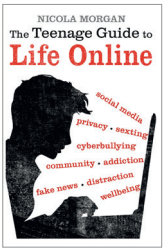
Tips for the best Life Online

The Teenage Guide to Life Online

NICOLA MORGAN



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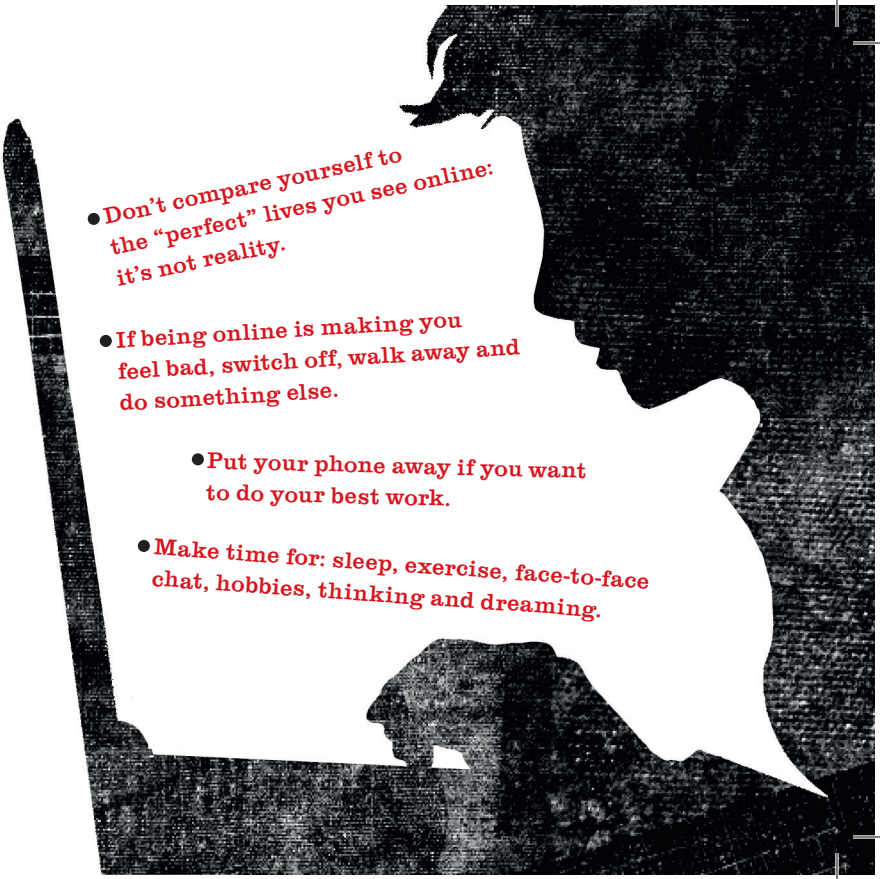

- Don't compare yourself to the "perfect" lives you see online: it's not reality.
- If being online is making you feel bad, switch off, walk away and do something else.
- Put your phone away if you want to do your best work.
- Make time for: sleep, exercise, face-to-face chat, hobbies, thinking and dreaming.