

# Swim Ireland P.A.C.T

Using your phone? On social Media? What are you doing? Is it RIGHT?

## P

Don't take **PHOTOS** in changing areas or toilets

Your device should always be turned off in these areas. Don't be tempted or bullied into taking photos for fun or as a dare.

## A

Your **ACTIONS** on social media follow you

Posts about yourself or others may stay online even if you think you have deleted it. Are you happy for your post to be seen by a stranger, parent/carer or peer?

## C

Be **CARING** and kind to others online

Treat other people you meet online with care and kindness. Negativity can spread like a disease but positivity is contagious too, and it has a good ripple effect.

## T

**TALK** to someone you **TRUST** if something happens you don't like

Don't share personal information with anyone you don't trust. If you are involved with something upsetting or hurtful always talk to someone you trust. They can help it stop.



**SWIM  
IRELAND**