The Axklo safety guide

Short, friendly tips on online safety, wellbeing, health and fitness.

Online safety

The internet is great. These habits keep it that way.

Passwords and accounts

Your accounts are the keys to your stuff. Look after the keys.

1. Use a **different password for every account**. A few random words in a row is strong and easy to remember.
2. Turn on **two-step login** wherever it's offered. Do your email first.
3. **Never share a password** or a login code with anyone, for any reason. Real support teams never ask.
4. If you think an account got hacked, change the password straight away and log out of your other devices.
5. Not even your best friend gets your password. Friends fall out, passwords stay.
6. If someone talked you into handing over a login, **tell someone you trust** and change the password. It happens to lots of people.
7. Don't save your login on a shared or public computer.
8. Use a **password manager**, so you never have to remember or reuse anything.
9. Now and then, check your accounts for devices or logins you don't recognise.

Strangers and chat

Most people online are fine. These habits are for the ones who aren't.

1. Anyone online can be anyone, so **check before you trust**.
2. **Block and report** anyone who makes you uncomfortable. That's what the buttons are for.
3. Be wary of anyone who rushes to a private chat, asks for photos, or says **"keep this secret"**.

4. You can **leave any conversation**, any time. You don't owe anyone an explanation.
5. Keep your real name, address and daily hangouts to yourself. A username doesn't have to be your name.
6. If someone makes you feel scared or pressured, **tell someone you trust**. You are never in trouble for telling.
7. Want to meet an online friend in person? Tell someone first, pick a public place, and don't go alone.
8. If someone tells you something worrying that happened online, **listen first**. Stay calm, and don't blame them for telling you.
9. Know how to block and report on the apps you and the people around you use, and show others how.
10. Be as careful online as you'd be walking into a room full of strangers.

Scams and fake messages

Scammers are good at sounding urgent and friendly. You can be better at slowing down.

1. If something is **urgent, secret, or too good to be true**, slow down. Scams rush you on purpose.
2. No real company needs your password, a code texted to you, or your full card number by message.
3. Check where a link really goes, or type the address yourself.
4. If you get scammed, **say so quickly**. A fast report saves money and protects the next person.
5. Free in-game money or items from a random link is almost always a trap.
6. Pause before you pay for anything or type in card details. If it feels off, check with someone you trust first.
7. Someone offering easy money for letting them use your account or bank card? That's a scam, and it can get you into real trouble.
8. Tell your bank straight away if money or card details went somewhere they shouldn't.
9. Be careful with investment offers, romance chats that turn to money, and urgent messages that look like they're from family or your boss.
10. If a call from your "bank" feels off, hang up and call the number on your card.

Privacy and photos

What you post is easy to share and hard to take back.

1. Anything you post can be **screenshotted and live forever**. Think before you send.
2. Check your privacy settings, and don't share your live location.
3. Not every app needs your camera, contacts or location. Say no when it doesn't.
4. Don't send photos you wouldn't want everyone to see. If someone pressures you, that's not okay. Tell someone and report them.
5. Ask before you post a photo of a friend, and expect them to ask you.
6. Before you post a photo of someone else, ask if they'd be okay with it later.
7. Keep your devices updated, because updates fix security holes.
8. Think about what your posts say about your routines and where you are.

Wellbeing

Feeling okay in your head matters as much as feeling okay in your body.

Screens and sleep

Sleep and screens fight each other. Here's how to keep the peace.

1. Try to put screens away **about an hour before bed**.
2. Notice how you feel after scrolling. If it's worse, that's useful information.
3. Every so often, look away, stretch and drink some water.
4. Your brain and body are still growing, and sleep is when that happens. Aim for 8 to 10 hours.
5. Leave your phone outside your room at night if you can. Nothing at 2 a.m. can't wait.
6. A late-night gaming or binge marathon feels great and costs double the next day.
7. Charge your phone away from your bed and use a real alarm clock.
8. Pick a time when work messages stop. Your brain needs off time.
9. Be the example. People copy what you do more than what you say.

Stress and big feelings

Everyone has hard days. Here's what helps them stay days.

1. Feeling anxious, angry or sad sometimes is normal. **Feeling it for weeks** is a sign to talk to someone.
2. Say it out loud or write it down. It gets lighter once it's out of your head.
3. If you ever think about hurting yourself, reach out right now. The helplines are free and always open.
4. Exams, friends and the future can feel huge. **One bad day isn't your whole life.**
5. Pick one person you could tell: a friend, a family member, a teacher, a counsellor. Just knowing who helps.
6. You can't pour from an empty cup. **Rest isn't lazy.**
7. Burnout builds slowly. If you're exhausted most days, change something before it changes it for you.
8. If low mood or worry doesn't lift after a couple of weeks, see a doctor or counsellor.

Bullying and comparing

Other people's behaviour and other people's photos can both mess with your head.

1. If someone is bullying you, **it's about them, not you**.
2. Screenshot it, block them and report it where it happened.
3. Social media is everyone's highlight reel. Nobody's real life looks like their photos.
4. If you see someone being bullied, check on them privately. One small message can mean a lot.
5. Don't join in "just for a laugh". Piling on is still bullying.
6. When someone says they're being bullied online, **take it seriously**. Don't say "just ignore it".
7. Keep records (screenshots, usernames, dates) and report to the platform and, if needed, the school or workplace.
8. Check in on the people around you. Ask twice if you need to.

Gaming and balance

Games are good for you, until they quietly eat everything else.

1. Games are great. If you're skipping **sleep, food or people** for them, cut back a bit.
2. Take breaks between sessions, and play with people who make it fun.
3. Toxic chat isn't "just a game". Mute, leave, report.
4. Spending money in a game? Check with whoever pays the bills first, and remember it's real money.
5. If a game makes you angry more than happy, take the hint and step away.
6. Play with the people in your life now and then. You'll learn what they love.
7. Agree on game time **together** instead of handing down a rule.
8. Check which in-game purchases and chat settings are switched on.

Health

The boring stuff that really works.

Sleep, food and water

Three things that fix more than you'd expect.

1. **Water** beats sugary drinks most of the time.
2. Regular meals, lots of fruit and veg, and not too much ultra-processed food. It doesn't need to be perfect.
3. Caffeine late in the day can wreck your sleep.
4. Most people need **7 to 10 hours** of sleep, and younger people usually need more. Yes, really.
5. Don't copy extreme diets from the internet. If food or your body takes up too much of your head, **talk to someone you trust or a doctor**.
6. Energy drinks aren't for growing bodies. Water and food do the job.
7. Eat before the 3 p.m. slump hits, not after it.
8. Alcohol and caffeine both change how well you sleep, even when you don't notice.

Check-ups and body basics

Small habits, done regularly, beat big efforts done once.

1. Wash your hands, especially before eating.
2. Wear sunscreen in strong sun, and a helmet when you bike or skate.
3. Never be embarrassed to ask a doctor something. **They've heard everything.**
4. Brush twice a day, and go to the dentist when you're meant to.
5. Changes in your body are normal, and a doctor or someone you trust can answer anything you're unsure about.
6. Keep up with the check-ups and screenings that fit your age. **Catching things early** is easier.
7. Don't ignore something odd that lasts more than a couple of weeks.
8. Keep a basic first aid kit at home, and know your emergency number.
9. Follow the label on medicines, and ask a pharmacist when you're unsure.

Sitting, posture and eyes

Your body notices every hour you spend hunched over a screen.

1. Move for a minute **every hour**. A short walk counts.
2. Keep your screen at eye level, and rest your eyes by looking at something far away.
3. Backpacks go on both shoulders, and not too heavy.
4. Phone neck is real. Lift the phone to your eyes instead of dropping your head.
5. Set up your desk so the screen is at eye level and your feet are flat on the floor.
6. If your back or wrists ache by the end of the day, fix the setup before it becomes a habit.

Alcohol, smoking and vaping

No lectures, just the useful bits.

1. Vaping isn't harmless, and nicotine is very addictive.
2. You can ask for help to stop, and it works better with support.
3. You don't have to try things because others do. **"No" is a full answer.**
4. If you're worried about a friend, tell someone you trust.
5. Never accept a drink you didn't see poured.
6. If you drink, keep it moderate, and **never drive after**.
7. It's never too late to quit smoking or vaping, and a doctor can help.
8. Keep alcohol and medicines out of reach of children.

Fitness

You don't need a gym. You just need to move.

Getting started

The hardest rep is the first one. After that it gets easier.

1. The best workout is **the one you'll keep doing**.
2. Start easy, and build up slowly. Too much too fast is how people get hurt.
3. You don't need a gym or fancy gear.
4. Aim for around **an hour of movement a day**. It doesn't have to be all at once.
5. Try different things, like sport, dance, cycling or climbing, until one sticks.
6. A good target is **150 minutes of moderate activity a week**. That's 30 minutes, five days.
7. Stairs, short walks and getting off a stop early all count.
8. If you haven't been active for a long time, or have a health condition, check with a doctor first.

Training safely

Getting stronger is the goal. Getting hurt isn't part of it.

1. Warm up first and stretch after.
2. **Sharp pain means stop.** Sore is normal, sharp isn't.
3. Drink water, and eat something after a hard session.
4. Lifting weights can be great with **good form and sensible weights**, ideally with a coach.
5. Be careful with supplements and fitness influencers. You're still growing, and a good diet is enough.
6. Increase intensity a little at a time.
7. **Rest days are part of training**, not a break from it.
8. Dizzy, chest pain or unusually out of breath? Stop and see a doctor.

Rest and recovery

You get stronger while you rest, not while you train.

1. Sleep is the cheapest recovery tool there is.
2. Feeling tired or sore for days means you need rest, not more.
3. Don't train through an injury to stay on the team. Tell your coach and get it checked.
4. Rest days are when your body actually gets stronger.
5. If something hurts for more than a few days, don't push through it. See a professional.
6. Stress counts as training load too, so go easier in tough weeks.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help