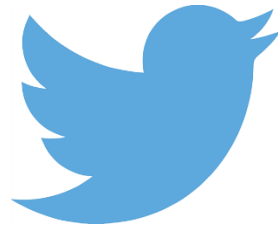


The SAFE programme.

VOLUNTEERING  **MATTERS**



- I know not to write unkind messages about people on Twitter.
- I know to only write things on Twitter that I would be happy for my family/friends/boss to see.
- I know not to let people know where I am or what I am doing until AFTER I have done it.
- I know how to 'unfollow' or report someone who is unkind to me.
- I know who I will ask for help if something happens on Twitter I don't understand.

If you need any help with using Twitter, then send a message to us on Facebook to Volunteering Matters Wales or email safe@volunteeringmatters.org.uk