

# DIGITAL WELLBEING

Technology, and how we use it, can affect how each of us feel, think and behave. It can also affect the health of our own body and mind. It is important to understand how watching television and using digital technology such as computers, tablets, phones and gaming devices, makes us feel so that we can ensure positive digital wellbeing.

Another important part of our digital wellbeing is knowing how to look after ourselves and how to look after others online. This includes knowing what to do if we face a problem or if something worries or frightens us when we are using a computer, phone or tablet.

## DIGITAL WELLBEING CAN BE INFLUENCED BY:

The amount of time someone spends on devices.

How they socialise and interact with others online.

What their online/offline balance is like.

How necessary technology is for an individual.

How they physically, mentally and emotionally respond to online scenarios.

How they choose to present themselves online.

The types of content someone exposes themselves to.



# 8 Top Tips for DIGITAL WELLBEING

Here are some helpful tips to help you aim for a healthy digital wellbeing.

1



## Manage your apps and notifications to reduce distractions

Pausing apps and customizing when and how you get notifications can help keep your attention on your tasks. Features such as 'focus' mode on devices can help.

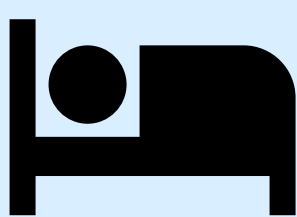
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## Create boundaries for yourself

Setting limits for certain apps and sites can keep you from scrolling the day away. You can set time limits with certain apps and app groups, as well as reminders to take breaks, and you can turn off autoplay and/or endless scrolling.

3



## Wind down for a better night's sleep

Creating space from your device at night can help you feel more relaxed and help you sleep better. Use features such as bedtime mode/wind down mode to help you set up a healthy pre-sleep routine.

4



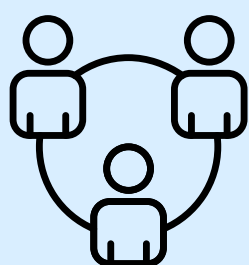
## Understand how you're using your device

Getting a better, more detailed understanding of your tech use is the first step toward improving your overall digital wellbeing. You can use digital wellbeing and screentime apps to understand how you spend time with your device.

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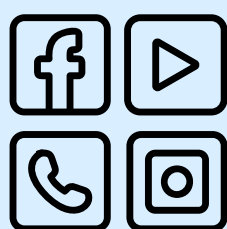
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## Minimise your device use when with others

Give your full attention to the people you spend time with and maximize the quality of your in-person connections. Features such as "do not disturb: can help here.

6



## Social Media

Heavy use of social media can also promote negative experiences, such as feelings of inadequacy about our appearance and how we live our lives. Taking a digital detox by spending time away from social media is one of the best things you can do to help stop the addiction.

7



## Use the search bar to navigate your device

Navigating your phone by typing or speaking into the search bar can help you be more intentional about the apps you open.

8



## Put your phone out of sight and out of mind

It seems simple, but according to research, just keeping your phone out of your line of sight can improve your concentration, your ability to retain information, and help reduce stress.

# DIGITAL GROUND RULES FOR CHILDREN

Setting up digital ground rules is vital to ensure your children's digital wellbeing is looked after. Most digital devices enable parents to set up parental control. This means they can protect themselves from inappropriate content, online purchases, the apps they use and the time spent on their devices.



## SCREEN TIME GUIDE



Under 2 years old: Zero screen time, except for video chatting with family or friends

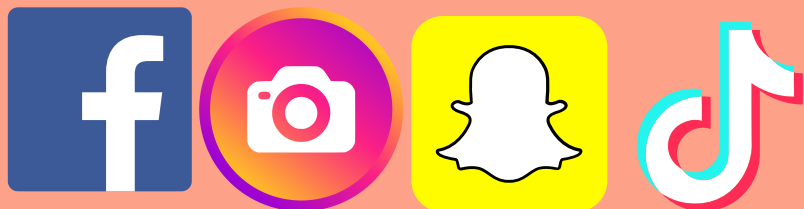
2-5 years old: No more than one hour per day co-viewing with a parent or sibling



5-17 years old: Generally no more than two hours per day, except for homework



## APP AGE RESTRICTIONS



To use Facebook, Instagram, Snapchat and TikTok you need to be at least 13 years old.

You need to be over 16 years old to use WhatsApp.

