



DIGITAL WELLBEING

FOR PARENTS



WHAT IS DIGITAL WELLBEING?

Digital wellbeing is about how technology can make us feel. This includes recognising the impact being online can have on our emotions, mental health and wellbeing.

www.childnet.com

WHAT IMPACTS A YOUNG PERSONS DIGITAL WELLBEING?

Any negative online experience could impact a young person's digital wellbeing, but there are some issues that are more likely to shape how young people feel.

Digital Drama

Falling outs and disagreements with friends is normal, but become complicated online. Messages and posts can be easily misunderstood.

Desire to 'fit in'

Pressure on social media can leave young people feeling negatively about themselves and their achievements.

Distressing content

Not all online content is positive and can have an impact on young people. This content could include adult websites or discriminatory content.

Screen time & Healthy balance

Extended use of devices can have a negative impact on young people. It is important to have a balance between online and offline experiences.

Websites such as Childnet.com and NSPCC.org.uk provide more information on keeping your children safe online or how you can support your child if they're facing harassment.



TOP TIPS



Talk to your child about how going online can impact their emotions.

Check what websites and games your child is accessing and make sure they are appropriate for their age.

Use wellbeing tools on devices to support digital wellbeing.

Talk to your child about what to do if they feel uncomfortable online.

Model healthy behaviour, set boundaries and routines.

Check minimum ages for social media. WhatsApp, TikTok and Facebook require children to be 13 before using.