



DIGITAL WELLBEING

FOR PUPILS



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

HOW CAN WE SUPPORT OUR DIGITAL WELLBEING?

Balance

Digital wellbeing is about balance. Digital technology can help us to learn and grow in many ways but too much of it can harm our own wellbeing.

Lots of Different Activities

Our body and mind likes us to do a range of different things, e.g. sport, art, music, socialising with people who make us feel good, reading and using our imagination...and lots more!

Talk to a Trusted Adult

Stay happy, safe and healthy when using digital technology by talking to an adult you trust. It is essential to speak out if you ever feel worried or feel that you are in danger when you are online.



TOP TIPS



Don't spend too long on digital devices.

Don't share personal information or photographs online.

Treat people with kindness and respect when using digital technology.

Use age appropriate apps and websites.

Tell a trusted adult if something unkind or worrying happens.

Learn about Internet safety.