

DIGITAL WELLBEING

FOR PARENTS



WHAT IS DIGITAL WELLBEING?

Digital wellbeing is about understanding how technology affects how we feel, think and behave. It's about recognising the impact our time online can have on our emotions, relationships, and overall mental health - and finding a healthy balance that works for your family.

WHAT CAN AFFECT A YOUNG PERSON'S DIGITAL WELLBEING?

Young people's experiences online can be positive and creative — but some things can impact how they feel or behave.

ONLINE FRIENDSHIPS

Disagreements or fallouts with friends can happen more easily online, where tone and intent can be misunderstood.

PRESSURE TO FIT IN

Comparing themselves to others on social media can lead to low self-esteem or anxiety about achievements or appearance.

UPSETTING CONTENT

Some websites, games or posts can expose children to harmful or inappropriate material that may cause worry or distress.

SCREEN TIME AND BALANCE

Spending too long on devices can affect sleep, concentration and relationships. Encouraging offline hobbies helps create a healthy balance.

Websites like Childnet.com, NSPCC.org.uk, and Thinkuknow.co.uk have practical advice on supporting children to stay safe and confident online.

TOP TIPS FOR PARENTS

Talk regularly with your child about what they enjoy online and how it makes them feel.

Check games, apps and websites to make sure they're age-appropriate.

Use wellbeing and safety tools on devices to manage time and privacy settings.

Encourage healthy habits — model positive screen use, supervise device use and set clear routines.

Help your child know what to do if they see or experience something upsetting online.

Be aware of age limits for social media — most platforms require users to be 13 or over.