

If we use digital technology in an unhealthy way, it can harm how we feel about ourselves, harm how we get on with our family and friends and also harm the thoughts and opinions that we have.

It is important to use digital technology in a way that makes us feel happy, safe and healthy. If anything feels worrying or dangerous, it is essential to tell a trusted adult.

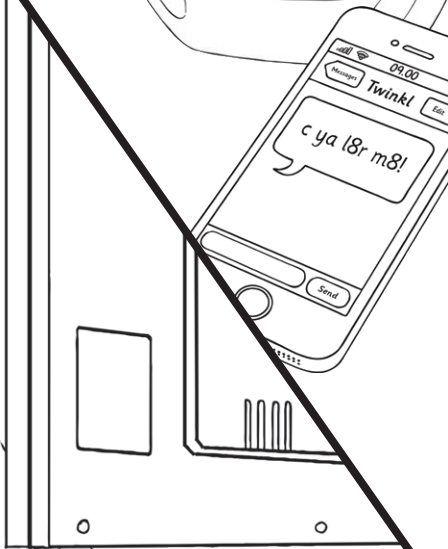
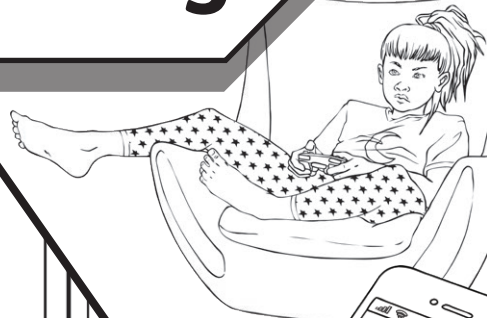
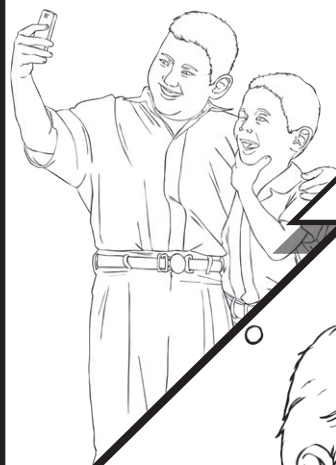
Thoughts to Take Away...

1. 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.
2. Do lots of other different activities! Our own 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, doing puzzles, reading and using our imagination... and lots more!
3. Talk to a trusted adult. Learn more about how to stay happy, safe and healthy when using digital technology by talking to an adult you trust. Ask lots of questions and find out lots of answers! It is essential to speak out if you ever feel worried or feel that you are in danger when online.





Digital Wellbeing



What Is Digital Wellbeing?

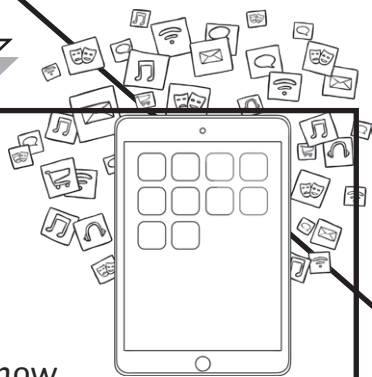
Technology is all around us.

Which different technologies do you use every day?

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.



How to Develop Positive Digital Wellbeing

Do you know how to be happy and healthy online?

There is a lot we can do to ensure that our use of digital technology helps us to learn, to grow and to feel happy.



We can:

- make sure we don't spend too long watching television and using computers, phones, tablets and gaming devices each day or each week;
- treat people with kindness and respect when we are using digital technology;
- tell a trusted adult if someone is being unkind to us online or if we see something that worries or frightens us;
- make sure we only watch things that are appropriate for our age;
- make sure we only play games and use apps which are appropriate for our age;
- make sure we only use websites which are appropriate for our age;
- make sure we never share personal information and photographs of ourselves;
- learn to know when our bodies and minds have had too much screen time and do something else instead;
- be honest and open about what we are doing when we use computers, tablets and other digital technology;
- learn about Internet safety.

