

Digital Wellbeing

Parent and Carer Information Sheet

What Is Digital Wellbeing?

Technology and our interaction with it, impacts our wellbeing – how we feel, our thoughts, our behaviour and our physical and mental health.

Digital wellbeing is the extent to which we understand and recognise how our use of digital technology affects us and how we look after ourselves and others, when online.

It also includes knowing what to do when we face a problem through our use of digital technology.

What Impacts on Our Digital Wellbeing?

We can make choices which positively impact our digital wellbeing.

These include:

- how much time we spend using digital technology;
- how we interact with others online;
- material we watch and engage with;
- how we portray ourselves online.

Negative online experiences can negatively affect how we feel about ourselves, our relationships with others, our thoughts and opinions and our perspective of the world in which we live.

It is important to use digital technology in a way that enhances our wellbeing and it is vital to encourage our children to do the same.

How Can I Support My Child's Digital Wellbeing?

1. Talk to your child about responsible digital technology use.
2. Be aware of how they are spending their time online – have open, non-judgemental conversations.
3. Model healthy and respectful online and digital technology behaviours and relationships.
4. Spend time engaging with digital technology with your child, enabling an open digital relationship.
5. Discuss and establish family rules for healthy digital technology use, including age-appropriate screen times.
6. Recognise when your child has had too much screen time – they may demonstrate challenging behaviour, negative moods, difficulty with sleeping and be unwilling to engage with other activities and people.
7. Enable appropriate parental controls on digital technology devices.
8. Teach your child how to stay safe online, including how to get help if they see or experience something that worries them.
9. Encourage a healthy balance between passive screen time (sitting and watching something) and active screen time (creating content or playing online games).

10. Ensure your child is only accessing digital content that is appropriate for their age, including on gaming devices and on television.
11. Make your child aware that cyberbullying is unacceptable and must not be tolerated. Encourage them to tell you or another trusted adult if they see or experience cyberbullying and reassure them that it can be stopped.

It is important to remember that digital wellbeing is all about balance. Digital technology can help children to learn and grow in many ways but too much of it can negatively affect their wellbeing.

Engaging your children in a wide range of activities which support their physical, emotional and mental health is the best way to enhance their overall wellbeing. Examples of activities include sports, creative tasks, playing and listening to music, reading, doing jigsaws and spending time outside. You can also simply promote spending time with family and friends and having time to talk about things that matter to them.

For further information and resources about how to support your child's wellbeing, visit <https://www.twinkl.co.uk/resources/twinkl-life>