

Children's reflections on their online lives on display at the heart of Westminster

FOR IMMEDIATE RELEASE

Artwork by children aged 5-11 from across the UK, on the topic 'Find Your Balance: A day in my digital life', has gone on display in the Houses of Parliament, putting children's perspectives on their day-to-day relationship with digital technologies at the heart of UK government.

- The 'Find Your Balance: A day in my digital life' competition is designed to encourage families to think about how they balance online and offline life
- Entries were judged on creativity and how well they responded to the challenge
- The top 50 entries have been on display in the Houses of Parliament to put children's perspectives on digital wellbeing at the heart of Westminster.

The 'Find Your Balance: A day in my digital life' competition asked children aged 5-11 to submit a piece of artwork showing how their family balances their online and offline life. The top entries were selected to go on to a national competition to crown two winners, and to go on display in the Houses of Parliament.

Luxi Yu, aged 7, and Aishwarya Janakan, aged 9, were selected as the national winners for their outstanding creativity and originality, and how well they illustrated their family's day-to-day balance between online and offline life. Their entries - and those of all the top 50 entrants - have been on show in the Houses of Parliament as part of a display putting children's perspectives on their day-to-day relationship with digital technologies at the heart of UK government.

Vicki Shotbolt, founder and CEO of Parent Zone, says 'Far too often, conversations about children and young people's wellbeing - both online and off - take place without allowing them to have their say. Our competition is designed to help families talk about how they make all of the opportunities offered by the online world work for them - and how they balance this with a range of offline activities.'

Ends

Notes to editors

About Find Your Balance: A day in my digital life

For more information about the 'Find Your Balance: A day in my digital life' competition, please visit the Parent Zone website

<https://parentzone.org.uk/article/day-my-digital-life-competition-national-winners> or contact press@parentzone.org.uk.

About Parent Zone

Parent Zone sits at the heart of modern family life, providing advice, knowledge and support to shape the best possible future as they embrace the online world. We support parents to help their children discover the possibilities and opportunities available to them online, and provide teachers and family professionals with resources and training to help them guide and advise families in the digital world. We use our insights and knowledge to bridge the gap between parents and platforms, and work with policy-makers to help ensure the interests of families are at the heart of everything they do. For more information please contact press@parentzone.org.uk.