

# Digital wellbeing

## Parent Guide

A quick guide for what you need to know

### What is digital wellbeing?

**Digital wellbeing** involves **using technology** in ways that **benefit mental, physical and emotional health**. A main part of digital wellbeing is **achieving balance** in **how you use the internet and other technologies**.

When thinking about digital wellbeing, it's important **to focus on how your child is using technology**. It's all about **responding to technology both positively and realistically**, to help keep children **engaged but also safe**.

### How to improve your child's digital wellbeing

There are several things you can do **to promote digital wellbeing**. **Limits on screen-use at certain times** can be helpful, but research shows that **what your child is doing** on their device **matters more than how long they spend on it**.

Focus on **what your child is getting out of their online activities**. Children and young people often use the internet for **learning, doing something creative, or keeping in touch with friends**. All of this **improves mental and emotional health**.

It's also helpful to **work on digital wellbeing as a family**. This could involve **not using screens**

**at dinner** – which includes **parents not looking at their own phones** – or **watching a movie together**.

### Risk in digital wellbeing

**Parental controls** help improve the safety of your child online by **minimising their exposure to possibly dangerous situations**.

It's also important that your child **knows how to respond to upsetting or harmful content online**. Talk to them about **the risks of sharing sensitive information online** and the **importance of keeping their account secure**.

Make sure that they understand **how to block and report inappropriate behaviour** on whatever site they're using.

### What else should I do?

**Communication** is key for keeping up digital wellbeing.

Keep talking to your child about **how** they are using their devices. **Encourage them to come to you** if they feel that their **screen-use is having a negative effect on their health** or if they've experienced anything online that **made them feel uncomfortable**.