Digital Wellness & Online Safety

Digital Wellbeing.

Digital wellbeing is a term used to describe the impact of technologies and digital services on people's mental, physical, social and emotional health. Young people are growing up in a world where technology has always been present for them, which can have a positive and negative impact on their lives

Benefits of online use

- Keeps students in communication with their friends, families and wider community.
- Provides support.
- Fun way to spend time.
- Provides a source for education.
- Widens students experience and knowledge of the world.

Risks of Online use

- Potential exposure to inappropriate, mature content or negative influences.
- Risks of privacy breaches or over sharing.
- Young people are more vulnerable to Grooming, radicalisation and online abuse.
- Potential overuse.
- Impact on future careers.

Parents/Carers Tips to Supporting Children in Keeping Safe Online

Chat to them about what they like to do online

- Listen to what they have to say and show an interest.
- Have regular conversations and Ask open-ended questions and encourage them to come to you if they ever need support or advice.
- Let teach you things you don't know! This will also give you an opportunity to chat and learn more

Talk about who they are in contact with online

- Talk to your child about who they are talking to and what they are sharing with them.
- Use settings to help limit who can contact your child.
- Remind your child that they shouldn't share personal information with people they don't know online.
- Let your child know they can come to you or another trusted adult if any conversation makes them feel uncomfortable.

Help manage what they see and do online

- Parental controls and privacy settings can help you manage how your child spends time online and help to keep them safe.
- Device settings – manage things like location sharing, screen time and in-app purchases.
- App or game settings – in-app tools that can help to keep your child's account private and manage who they're talking to.
- Mobile or network provider settings – help to manage browsing access and stop your child from visiting inappropriate sites or downloading apps that aren't suitable.

Conversation starters

1. What do you like to use technology for? How does it help you?
2. What things make you happy when you use technology?
3. What things worry you/ make you unhappy/angry/sad when using technology?
4. What would you do if something online upset you? What advice would you give to someone else in this situation?
5. How do you think your use of technology impacts your wellbeing? Good or bad?

STOP

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