

# SUPPORTING DIGITAL WELLBEING



Digital wellbeing plays an important part in the overall health of your school community. Understanding how technology, apps, online platforms and other online spaces can impact upon students, staff and parents is hard, but applying the correct understanding and support can make things easier. Take a look at the considerations below around how you can support digital wellbeing.



## What Can Influence Digital Wellbeing?

- The amount of time someone spends on devices
- How they emotionally respond to online scenarios
- How they socialise and interact with others online
- How they choose to present themselves online
- What their online/ offline balance is like
- The types of content someone exposes themselves to
- How necessary technology is for an individual

## Signs of Healthy Digital Wellbeing

- Appropriate, positive and healthy interactions towards others
- Critical thought towards online information and harmful content
- An even and consistent online/ offline balance
- Using technology for areas of life, but not for everything

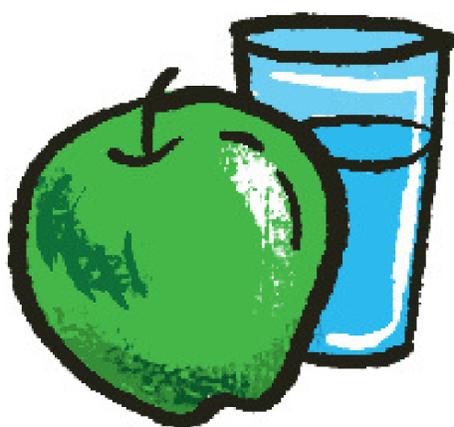
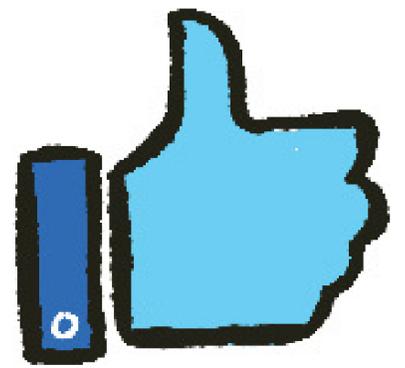


## Signs of Unhealthy Digital Wellbeing

- Negative or harmful interactions towards others
- Allowing exposure to harmful online content
- Being too heavily reliant on technology
- Poor mental, physical or emotional health

# What Can Schools Do to Support Digital Wellbeing?

- Encourage appropriate breaks away from devices
- Create safe spaces for individuals to talk through concerns
- Encourage the use of parental controls and filtering options where necessary
- Appropriate and regular offline activities in school
- Have staff maintain a good understanding of trends and popular apps
- Develop a school community approach towards online critical thinking
- Explain different types of harmful online content and ways it can present itself
- Making the community aware of appropriate reporting routes and support



#be kind

**Report Harmful Content:** [www.reportharmfulcontent.com](http://www.reportharmfulcontent.com)

**POSH Helpline:** [www.saferinternet.org.uk/professionals-online-safety-helpline](http://www.saferinternet.org.uk/professionals-online-safety-helpline)

**Childline:** [www.childline.org.uk](http://www.childline.org.uk) 0800 1111.

**The Mix:** [www.themix.org.uk](http://www.themix.org.uk) 0808 808 4994.