

Digital Wellbeing at School

Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.



Supporting Digital Wellbeing

Children and young people may be introduced to technology from a very young age so it's important to know what can support them with their digital wellbeing. This can include:



- 1 Effective time away from devices
- 2 Healthy and appropriate expression online
- 3 Positive influences and interactions
- 4 Critical thinking around information and online harm



Poor Digital Wellbeing

There are still behaviours in children and young people that can contribute towards poor digital wellbeing. Some of these include:

- 1 An over-reliance on technology
- 2 Exposure to abuse or online harm
- 3 Poor online/ offline balance
- 4 Negative influences or social interaction



What Can Schools Do?

Digital wellbeing plays an important part in the overall health of your school community. Understanding how technology, apps, online platforms and other spaces can affect students, staff and parents is hard, but consider the following ways to support digital wellbeing at school.

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



To find out more about Digital Wellbeing visit the SWGfL hub: swgfl.org.uk/topics/digital-wellbeing/

or scan the QR code



Further Support

Professionals Online Safety Helpline: saferinternet.org.uk/professionals-online-safety-helpline

Harmful Sexual Behaviour Support Service: swgfl.org.uk/harmful-sexual-behaviour-support-service/

Report Harmful Content: reportharmfulcontent.com

