DIGITAL WELLBEING

What is digital wellbeing?

Digital technologies can be entertaining and help to make our lives easier. Digital Wellbeing is a phrase that is used to describe the ways that using technology affects our mental, physical and emotional health - in both good ways and bad.

How to look after our digital wellbeing...

Limit your screen time.
(It is important to spend time on other things too!)

Switch off devices an hour before bed.
Go for a shower, read a book or speak to someone face to face instead.

Switch off notifications to avoid constant distractions from your device.

Monitor how activities online make you feel.

Report content or comments that make you feel uncomfortable

Facts about young people's digital wellbeing

Research shows that use of social media is linked to increased feelings of anxiety, depression and poor body image.

Teenagers need 8-10 hours of sleep per night. Two or more hours of screen time in the evening can significantly impact the quality and amount of sleep you get.

On average teenagers spend 7 hours 22 minutes online each day.