

5 Ways to Digital Wellbeing

What is digital wellbeing?

Digital wellbeing means looking after your mental and physical health while using devices—knowing when to take breaks, what to engage with, and how to stay safe and balanced online.



Be active

Make sure you take regular breaks outside, do physical activities like walking or sports, and balance screen time with real-world movement.

Stay Safe

Filter inappropriate content, don't get involved in online arguments, and tell a trusted adult if something feels wrong.



Set Limits

Monitor and limit screen time, know your boundaries with certain apps, avoid content not meant for your age group, and practice active consumption

Keep Learning

Use the internet for educational purposes, talk about what you're watching or reading with friends and family.

Be Kind

Support others if they're struggling or look for alternative support when necessary.

