



Digital wellbeing for your child

We've talked about digital wellbeing and how it affects our children. Here's a useful summary.

How online activity can affect your child

- ① Digital wellbeing describes how we interact with and are affected physically and emotionally by technology.
- ② Encourage your child to switch off regularly to avoid technology becoming overwhelming.
- ③ Keep an open dialogue and show an interest in your child's online activity. They are more likely to open up to you this way.



Ask your child who they enjoy following online, and why. It's useful to know a little about who our children follow and look up to. Showing a genuine interest is a good way for them to open up.

Dealing with online pressures

- ① Make sure your child is old enough to use social media platforms. Check minimum age requirements before use.
- ② Encourage your child to have interests away from the screen. A healthy mix can help them focus away from online peer pressure.
- ③ Giving your child some responsibility with their online activity helps them develop digital resilience.



Talk to your child about what they see online. Remind them to question whether what they see online is providing an accurate view of reality. Ask them if they think it's trustworthy.

The importance of being kind online

- ① Help your children put online conversations into a real life context. Ask them if would they say the same thing to someone online as they would face-to-face.
- ② Trolls are people who purposefully try to offend others online. The best way for your child to deal with them is to ignore and report.



Talk to your child about the billboard test. Would they be happy for what they are posting to be shared for all to see on a large billboard? If not, then don't post it online.

Using digital for mental wellbeing

- ① Get involved with your child's online creativity using apps like Scratch, a coding app and online community.
- ② Apps such as BBC Own it give your child tools to manage their online life with advice and support.



If you're looking for a place to start creating with your child, take a look at BT's Barefoot computing home learning section of the BT website.