

Top tips for parents and carers

⇒ Talk about how going online can impact our emotions

Make this a regular habit and try to check-in with young people after they've spent time on their devices.

⇒ Use wellbeing tools

For example, lots of devices and platforms offer tools to support digital wellbeing. You may also be able to turn off notifications for apps or use 'mute' or 'do not disturb' modes. Visit the useful links below for more ideas.

⇒ Model healthy behaviour, set boundaries and routines

It is important that young people see adults using technology in a healthy way so model this in your own behaviour. Using a Family Agreement or establishing a clear routine for younger children can also help set clear boundaries about meaningful use of technology.

⇒ Sign post to appropriate support

It's important that young people know who they can turn to for support, whether this is a trusted adult at home or school or by contacting a helpline.

⇒ Stay informed

It's also important that you know what to do or where to go for help if ever your child does need help with something that is worrying or upsetting them online. Visit our help page for parents and carers for more advice, support and reporting routes.



Conversation starters

- What do you like to use technology for? How does it help you?
- What things make you happy when you use technology?
- What things worry you/ make you unhappy/angry/sad when using technology?
- What would you do if something online upset you? What advice would you give to someone else in this situation?
- How do you think your use of technology impacts your wellbeing? Good or bad?

Useful Links

