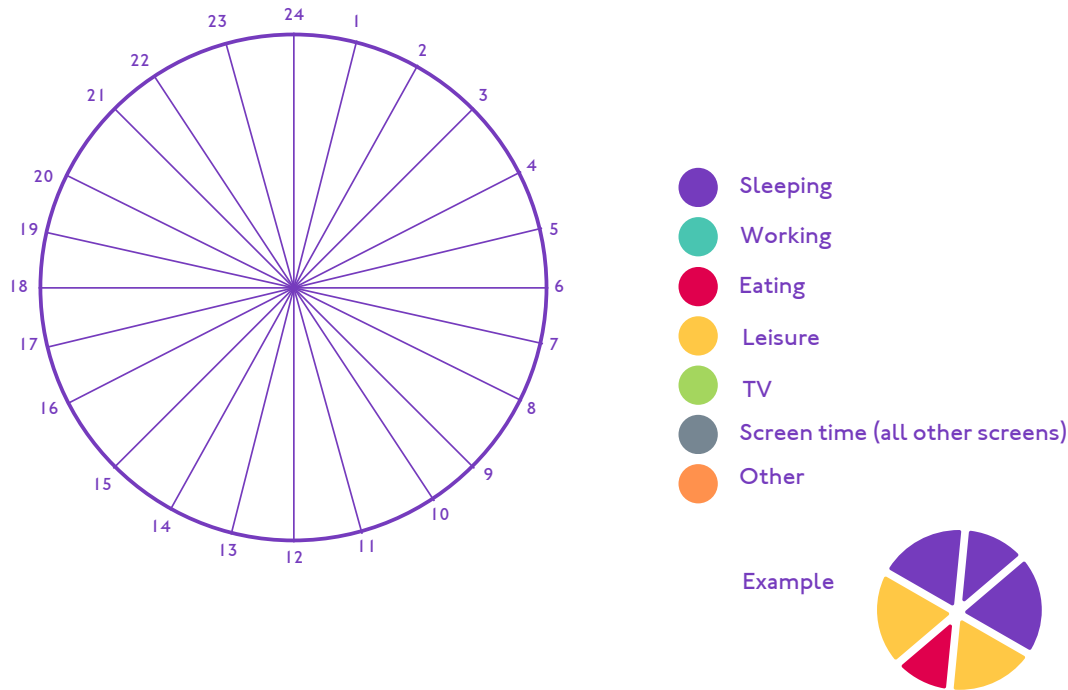# Family Digital Wellbeing Check-In

Encourage each member of your household to complete this page on their own.

1. Think about how you spend your time....

Colour in the hour segments to show how your day breaks down (example categories and colours are provided for you)

Legend:
- Sleeping
- Working
- Eating
- Leisure
- TV
- Screen time (all other screens)
- Other

Example

2. Being on screens is good because...

....
....
....

3. Being on screens is bad because...

....
....
....

Family Digital Wellbeing Check-In

Cut out the questions below and distribute them amongst your family. Use them to prompt a conversation over a mealtime or when you're having quiet family time.

How is life diferent for children/teenagers currently compared to when your parents were your age? You may want to discuss technology, school life or hobbies, for example.	What is your earliest memory of using technology? Can you describe it?
What do you think technology will be like in 5 or 10 years time? What might be diferent from now?	How do you manage any negative comments or reactions online? How can this make you feel?
What is your favourite app, website or computer game to use? What do you enjoy most about it?	Describe a kind thing that someone else did for you recently. How did it make you feel?
What is your favourite offline activity to do? What do you enjoy most about it?	If you could design the perfect app, website or computer game, what would it do? What sort of people would want to play it?

Family Digital Wellbeing Check-In

Once you have discussed your individual thoughts, work together as a family to complete the following agreements:

As a family, we choose to use screens to make our lives better. We will do this by:

Complete three screentime principles for your family, e.g. we will commit to a screen free dinner; we will keep phones downstairs; we will only use social media when it makes us feel good…

1. ....

2. ....

3. ....

As a family, we will stay safe online. We will do this by:

Complete three safety principles for your family, e.g. we won't hand out personal information without understanding why; we will not interact with strangers; we will only use age appropriate apps…

1. ....

2. ....

3. ....

Family Digital Wellbeing Check-In

How to stay safe online as a family:

Stay in charge

Understand your family's screentime habits and how you want to manage screentime in your family

Stay in control

Understand your family's screentime habits and how you want to manage screentime in your family.

Know what to do if something goes wrong

Encourage your child to talk about their concerns and reassure them that it's good to discuss things that worry them. It's important to stay calm and curious. Young people will always remember your initial response, so remaining calm will show them that you are someone they can talk to if something goes wrong.

Be aware of your child's online friends

Be mindful of your child's online interactions. Encourage your child to understand the difference between online friends and face-to-face friends.

Have open conversations

Talk to your children about the types of games and apps they are using and how they socialise online.

Know the power of reporting

Reporting is a useful tool for young people to be aware of. Encourage your child to know how to report. Explore this together.

Be positive

Remember that the positive aspects of the Internet outweigh the negatives.

Family Digital Wellbeing Check-In

Further resources

www.nspcc.org.uk and www.barnardos.org.uk for broader advice and guidance

www.ceop.police.uk/safety-centre, www.thinkuknow.co.uk, www.ineqe.com and www.iwf.org.uk for info on safeguarding, child exploitation and online protection

www.reportharmfulcontent.com for reporting of negative online experiences

www.commonsensemedia.org for guidance on gaming

www.kidscape.org.uk/advice/parent-advice-line and www.anti-bullyingalliance.org.uk/tools-information for support around bullying, online or in person

 www.internetmatters.org for expert support and practical tips to help children benefit from connected technology.

Download Qustodio to help manage your family digital wellbeing & safety.