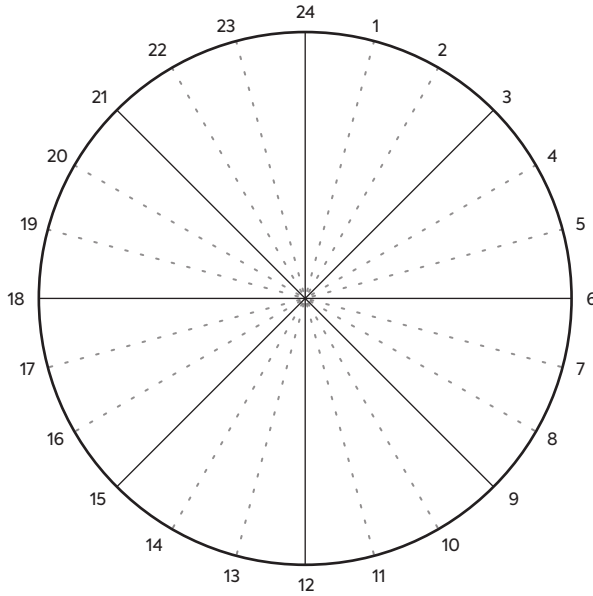


Family Digital Wellbeing Check-In

Encourage each member of your household to complete the first half of this activity sheet on their own

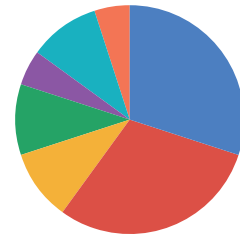
1. Think about how you spend your time....

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



- Sleeping
- Working
- Eating
- Leisure
- TV
- Screentime (all other screens)
- Other

Example:



2. Being on screens is good because.....

Complete the sentence with all the things you like about using screens

.....

.....

.....

3. Being on screens is bad because.....

Complete the sentence with all the things you don't like about using screens

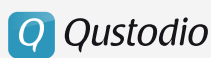
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About Kidscape: Kidscape are a bullying prevention charity, with the vision for all children to grow up in a world free from bullying and harm, with adults who keep them safe and help them to reach their full potential.



About Qustodio: Qustodio is an independent digital safety and wellbeing company. We help families live smarter in an increasingly digital world. We aim to improve how families interact with technology through our parental control app, data insights and expert content to help them thrive online and beyond

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 different 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 different 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?

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. Make use of the parental controls on your home broadband and any internet-enabled devices, or opt for a produce like Qustodio to manage screentime on devices

If something goes wrong. Encourage your child to talk about their concerns, 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.

Online Friends. Be mindful of your child's online interactions. Encourage the understanding of Online friends and real friends.

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

Report. 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

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 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.

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.common sense media.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