

# MY DIGITAL WELLBEING PLAN



## WHAT

I can use the following digital devices-



I can use/play/watch these apps/games/websites/shows-

I need to check with my parents first before installing or using any other platforms/apps/games/sites.

## WHEN

My digital bedtime is -



Before I switch on devices in the morning I need to have completed these tasks-

Before I switch on devices in the afternoon/evening I need to have completed these tasks-

I can use digital devices on these days at these times:

DAY	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

## WHERE

I can use devices in these places at home-



I cannot use devices in these places at home-

At night my device/s are stored-

## TERMS & CONDITIONS

As a family, we will revisit this Digital Wellbeing Plan in \_\_\_\_\_ months.

NAME: \_\_\_\_\_

## HOW

I take regular breaks when I'm online every \_\_\_\_\_ minutes.



I will implement the following strategies to look after my vision, hearing and posture:

- the 20-20-20-20 rule
- at least 90 minutes/day in natural sunlight
- headphones are used at no more than 60% maximum level
- headphones are avoided when I'm walking or riding my bike/scooter/skateboard
- my neck remains in a neutral position when I'm on devices
- I bring devices to my eye level where possible
- I keep devices away from my physical body as much as possible
- I talk to a trusted adult (parent, teacher, coach, family member, family friend) when I have a problem online, or when I see something upsetting and I know I won't get into trouble or have my devices removed
- other strategies-

## WITH WHOM

I can play/chat/game/socialise with the following people-



I cannot play/chat/game/socialise with-

## HOW MUCH TIME

Am I making enough time to:



- sleep (5-13 year olds need 9-11 hours and 14-17 year olds need 8-10 hours/night)
- be physically active (at least 1 hour/day of moderate to vigorous activity)
- socialise (with friends and family in real life)
- play
- read
- other (list important interests, or hobbies, or chores here)-

I feel really good when I stick to no more than \_\_\_\_\_ hours/day during the week

I feel really good when I stick to no more than \_\_\_\_\_ hours/day during the weekend

I will manage how much time I'm spending online by-

As a family we'll revisit how much time I can spend online during the school holidays or other if there are extenuating circumstances (lockdowns, illness).

CHILD/TEEN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_