MGL FAITH PRIMARY ACADEMY

ONLINE SAFETY NEWSLETTER

DIGITAL WELLNESS AND BALANCE - TOP TIPS FOR HEALTHY ONLINE HABITS

ISSUE 21

DIGITAL WELLNESS

Digital wellness means using online apps and websites in a way that supports and protects mental health. With the continuing rise of social media use, digital wellness is more important than ever.

Social media helps young people connect, learn and express themselves, but too much time online or exposure to harmful content can affect their well-being. You can play a key role in supporting children to develop healthy digital habits, such as balancing screen time with offline activities, thinking critically about what they see online, and knowing how to talk about anything that makes them feel uncomfortable, to help them build confidence and resilience while navigating the digital world safely.

TOP TIPS

Here are some top tips for improved digital wellness:

- **Social Media and Likes -** Children who are accessing social media apps may feel pressure to gain 'likes' or approval online. Always check the content that they are accessing or posting.
- **Tech Agreements -** Create a tech agreement with your child, help them understand that the boundaries you set are not a punishment but are in their best interest.
- **Age requirement -** Be aware of the minimum age requirement for social media platforms, ensure children are not accessing things they are not old enough for.

SITE SPOTLIGHT - ONLINE SAFETY HUB

This week's spotlight is the **MGL Online Safety Hub.**

The Online Safety Hub is a website often used in our newsletters. It is filled with helpful articles and top tips for parents about common online safety concerns that children might come into contact with.

The articles are written by experts and cover topics ranging from online mental health to specific games and apps that children are accessing. If you're ever worried about something, the Online Safety Hub has an article to help.

Scan the QR code to learn more: