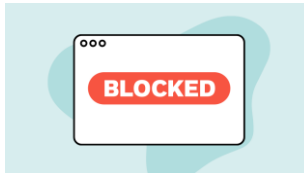




1. Screen-time savvy

Spending less time on screens is a great way to improve wellbeing both online and offline.

Try setting some limits and boundaries surrounding screens. Make use of the wellbeing settings on apps such as Instagram and TikTok, and on your devices.



2. Navigate the negative

Children can see things online that make them feel upset, angry, or cause low self-esteem. If this happens, encourage them to mute or block accounts that do this.

They can also use settings that block words, phrases, or posts they don't want to see. Encourage them to make their online space a positive one!



3. Seeing isn't believing

Remind your child that not everything they see or hear online is true. Encourage them to regularly question what they're viewing. This includes content that might be making them feel bad about themselves, or like they're missing out. If this does happen, you talk to your child about filters, edited images or the fact that people usually post about the best bits of their lives rather than the boring, everyday bits.



4. Mistakes happen

If your child makes a mistake online, such as getting into an argument or sharing personal information, be understanding. You could use this mistake as a learning opportunity!

This is a part of building digital resilience, which will help you all feel better about being online.



5. Take the lead

Your children look to you as an example. Make sure you're acting on your own online wellbeing advice – doing things like taking breaks and not engaging with negative content.



6. Get chatting

Have regular chats with your child about what they like doing online and how it makes them feel.

Don't forget to talk about the positives of being online as much as the negatives, and really listen to what they're telling you.

Whether you want to protect your privacy or leave a positive digital footprint, we've got advice for you.



- **Change your privacy settings**

Lots of social media sites will set your account to public by default. [Changing your privacy settings](#) lets you control who can see your posts and whether they'll appear on search engines.

- **Think before you post**

You never know who'll see photos, videos or comments you put online so think about how others might react before you post anything. Even apps like Snapchat can be screenshotted and shared. Never share your address, phone number or the name of your school online.



- **Delete content you don't want online**

Posted something you regret? There are lots of ways to [delete things about you online](#). It can help to close or delete old social media accounts you don't use anymore as well.

- **Search your name**

Typing your name or your username into a search engine can help you find what's easily available about you online. Remember, if you can find it then so can other people.

- **Check what data your device is collecting**

Devices like phones, fitness trackers or wearables can collect data about you without you realising. Every device is different so search online to find out if your data is being used.

- **Set permissions for apps and websites**

Lots of apps will ask for permission to use your data when you install them, including things like your contacts, photos and messages. Be careful about what you agree to and pick apps and browsers that protect your privacy. When you visit sites and you're asked whether you accept cookies, make sure you check what the website says about how they'll use them before you agree.

Remember app providers update these on a regular basis so schedule regular reviews of settings. Permissions and privacy settings are often reset following an app update.

- **Share positive parts of your life**

Try sharing things you'd be happy with anyone else seeing, things you are proud of. When you post comments to other people, try being supportive and positive.