



Theme of the half term:

Media Balance & Well-being

This half term the children will be learning about how technology is always present for them, which can have a positive and negative impact on their lives. We will be learning how to balance being online and being offline.

What is Digital wellbeing?

Digital wellbeing is about how the internet and technology can make us feel. This includes recognising the impact being online can have on:

- Our emotions
- Mental health and wellbeing
- Physical health and wellbeing

Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset.

However, not all online experiences are positive for young people, and this can have a negative impact on how they feel about themselves, their friendships and relationships and even how they see the wider world.

What impacts digital wellbeing?

Any negative online experiences could impact a young person's digital wellbeing, but there are some issues that young people say are more likely to shape how going online makes them feel. Things such as:

- Digital drama
- A desire to 'fit in'
- Observing distressing content
- The amount of screen time and a healthy balance

To read more about this visit [Childnet.com](https://www.childnet.com)



How can I help my child with media balance and their wellbeing?

Lots of studies show the effects of screen time on kids, and there are guidelines for how much is appropriate at what age. More importantly, kids learn their screen habits from us.

Media balance support for Parents



4 Ways to Balance Screen Time Around Children

1. set device-free times and zones
2. Establish screen-time goals for yourself
3. Keep distractions to a minimum
4. Watch and play movies, shows and games together

For more resources from common sense education click here: [Common Sense Education Media Balance](https://www.commonsenseeducation.org/media-balance)

[Youngminds.org](https://www.youngminds.org) - an organisation which supports mental health of children and young people