

Digital Wellbeing at Home



Sleep

Keep devices out of bedrooms before bedtime and overnight. Plan to get enough sleep.



Time Limits

Agree on sensible time limits for tech use. Identify which tasks require tech.



Study Area

Set up your study area with everything you need to work efficiently.



Charging Station

Set up a charging station in a neutral area of the home.



Internet Usage

Agree as a family on guidelines around social media, gaming, and device usage.



Balance

Try to find a balance of activities at home as you would at school.