

If we feel sad, worried or frightened by something we see, we must tell an adult we trust.



We should be kind to our friends if we send them a message.

We should never share things online which are private.



We should do lots of different things to keep our mind and our body happy and healthy.

Stay happy, safe and healthy!



Digital Wellbeing



Technology

People can use technology, like this, every day.



Technology can help people to feel happy and to learn new things.



If these things are used in the wrong way or if they are used too much, they can make people feel grumpy, tired and worried.

Staying Safe, Happy and Healthy

To stay safe, happy and healthy, we need to know how we feel when we watch television and use computers, tablets and online games etc.

We need to make choices which keep us safe, happy and healthy.

We should not use devices for too long.



We should watch things that are OK for our age.



We should play games and use apps that are OK for our age.



If we start to feel grumpy, we should do something else.

