

HEALTHY DIGITAL HABITS



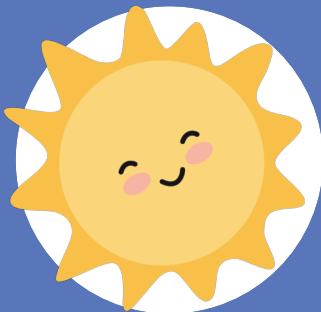
Chat about
online experiences



Prioritise
sleep



No devices in bedrooms
or bathrooms



Take regular breaks
from screens



Trust your early
warning signs



Balance screen time
with green time

NAVIGATING UNCOMFORTABLE SITUATIONS



Do Not Respond



Record/
Screenshot



Take a Break



Block/
Change Settings



Report



Seek Help



MENTOR PARENTS....



...build own healthy habits.



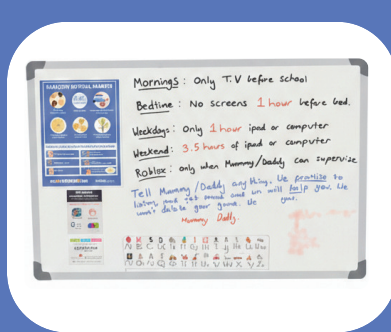
...start curious conversations.



...set up parental controls



...supervise devices.

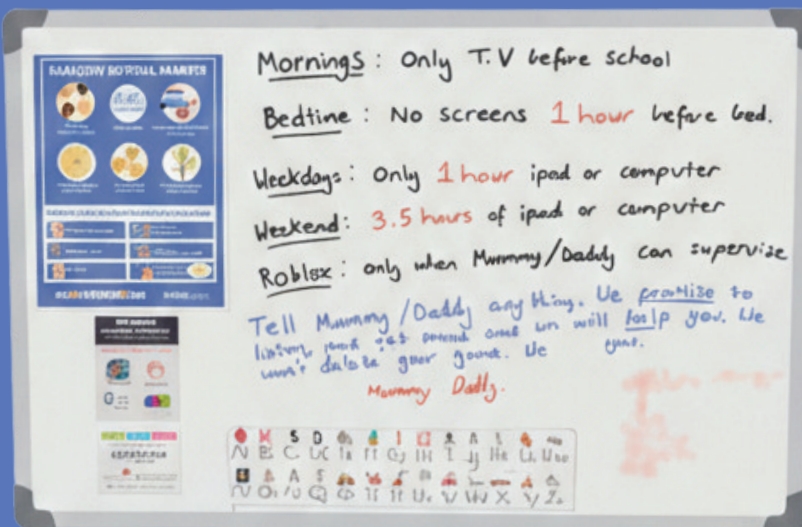


...create & display a family plan.



...connect with support.

CREATING A FAMILY PLAN



Access termly learning overviews, with simple conversation starters to help keep important chats going at home.



Please note, these are only relevant for schools that participate in our student programs.



Carley steps you through practical ideas and considerations as you create your own family plan. Scan the QR code to access.