

HEALTHY DIGITAL HABITS



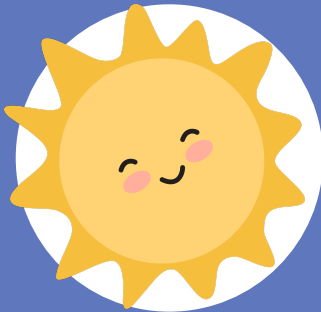
Chat about
online experiences



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

