

Digital Wellbeing

Staying safe and well online

Practical tips on reducing our screen time

- ✓ **Create Screen-free bedroom** - watching films and TV is undoubtedly enjoyable, but try and do this on our sofa rather than in our bed. Watching from our sofa makes it easier to stop watching that addictive TV show rather than pressing play on the next episode if we are already in cosy in bed!
- ✓ **Eat our meals without a screen**- by banning the screen during these breaks we'll not only give our eyes a rest, we'll likely enjoy our food more.
- ✓ **Set Aside Times to Unplug** - Set aside times to unplug from technological devices. E.g. Mealtimes or an hour before bedtime
- ✓ **Create 'Technology-Free Areas'** - Establish areas in our home where electronics simply are not allowed—whether its phones, games, or laptops. One example is our home's dining room or kitchen, which we could keep reserved for having meals and family conversations.
- ✓ **Provide Other Options /Take up another hobby for boredom** - Many of us turn to Facebook and Instagram feeds to stave off boredom. Next time we have some time to kill or just feel the urge to aimlessly scroll through social media, we can try and pick up a book, do a craft activity or take a walk.
- ✓ **Use a real alarm clock over our phone.**
- ✓ **Block out time to respond to messages.**
- ✓ **Designate a low-traffic room to charge our phone or tablets** - Instead of charging our phone in the room we' in, we might try charging it in a room that is not used very often.. This will provide some hands-off time for us whilst our device charges.
- ✓ **Get our news in a condensed feed** - The internet has provided us with a wealth of ways to access news. But trawling through headlines to make sense of the latest events can take time and means hours glued to our device. Try and find a reliable news source we like and subscribe to their daily updates that allows us to quickly scan headlines for things of interest rather than dive into a black hole of information.
- ✓ **Exercise as we watch** - If we do have to spend a lot of time in front of the screen or just can't stop watching reruns of Friends try and combine this time with some exercise.
- ✓ **Think of other ways to access information** - Instead of always turning to Google for a recipe, home hints or facts: phone a friend or look for a book in our own collection that can answer our query, and when we are able, to take a visit to our local library.

- National Cyber Security Centre (NCSC) www.ncsc.gov.uk
- Centre for the Protection of National Infrastructure (CPNI) www.cpni.gov.uk
- Bullying UK www.bullying.co.uk Helpline: 0800 800 2222