



# The Digital Wellbeing Guide

FOSI recently conducted research about digital wellbeing. We found that parents and their teens want to learn more –specifically how to improve, or maybe even start, their digital wellbeing journey. Follow this guide to learn more about digital wellbeing and how your family can feel better and healthier in our digital world.



## What is Digital Wellbeing?

Simply put, **digital wellbeing** refers to how a person feels - physically, mentally, socially and more, when navigating the online world.

How does someone’s tech usage affect their overall life? That’s a good indicator of their digital wellbeing.



## Why is it Important?

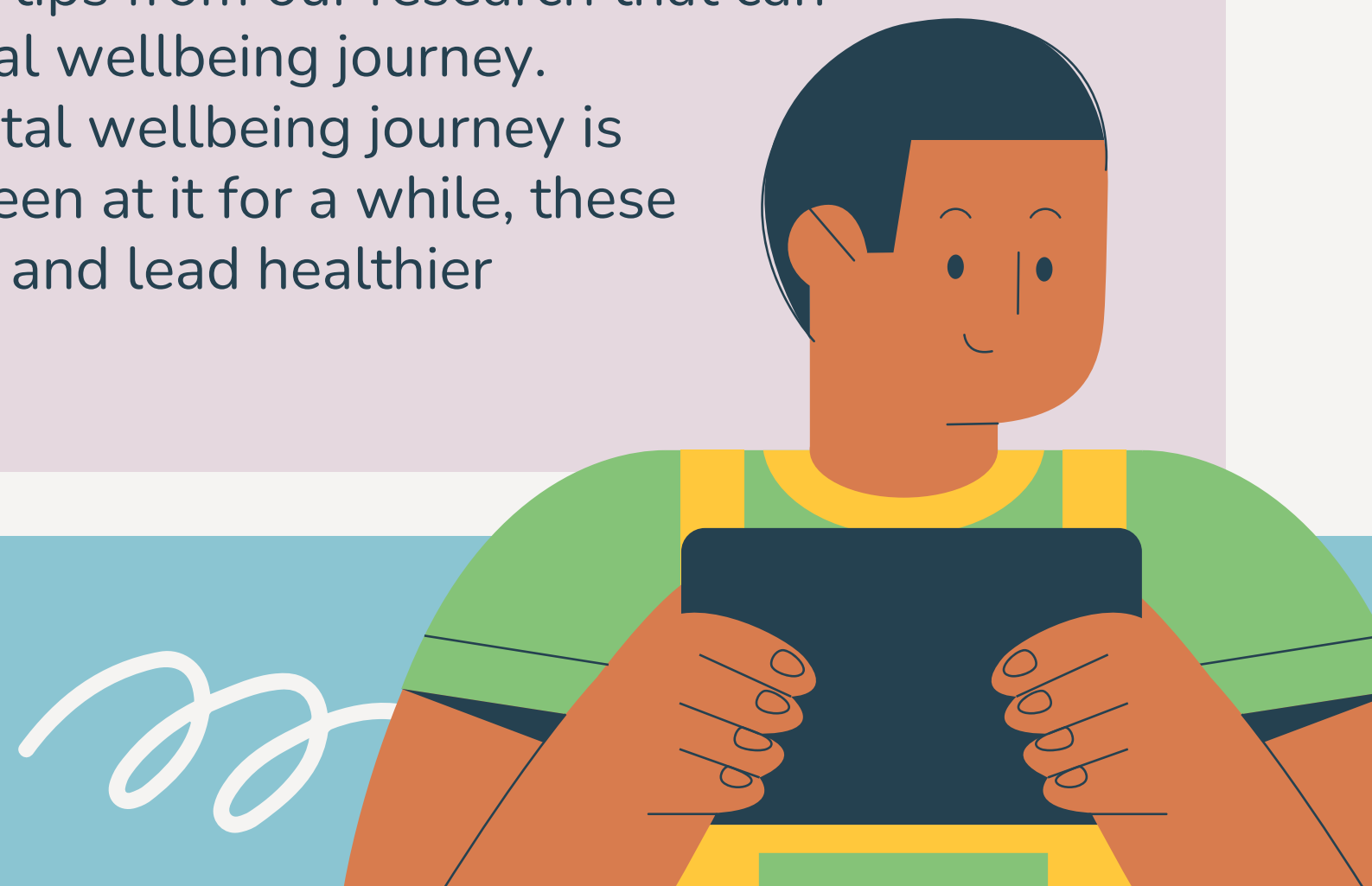
Our lives are increasingly digital. For many of us, our school, work and even social lives revolve around technology and the online world. That means it's really important to acknowledge how we feel when we are online, and work together to create healthier digital lives.



## What does “Good” Digital Wellbeing Look Like?

There are quotation marks surrounding the word “good” for a reason. “Good” digital wellbeing looks differently for everyone. Factors like your age, your interests, and even what devices you use can contribute to your overall digital wellbeing.

That said, below are some tips from our research that can support your family’s digital wellbeing journey. Whether your family’s digital wellbeing journey is starting today, or you’ve been at it for a while, these will help you stay on track and lead healthier online lives. Bon voyage!





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## Tips to Improve Teens' Digital Wellbeing



### 1 Get a good night's sleep.

Our research found that the #1 aspect of teens' lives that is negatively affected by technology is sleep. Devices can be distracting and hard to put down, and if kids are online late into the night, major parts of their lives can be affected, including their performance at school.

To help your teen get a better night's sleep, have them keep their devices outside of their bedrooms so they aren't tempted to use them when they should be sleeping.

### 2 Encourage a healthy balance.

A healthy digital life is all about balance. Remind your family to put down their devices and focus on something else for a bit - whether it be taking a walk outside, starting a new hobby or enhancing an existing one, or even just hanging out with friends and family.

### 3 Convey the benefits & drawbacks of being online.

Online life is a give and take. As a teenager caught up in the social aspect of the digital world, it can be hard to realize that. Talk with your kids about the positive parts of the digital world, like connecting with friends and family who live far away, and the negative parts, like cyberbullying.

### 4 Understand the value of good digital citizenship.

Even when your teen is taking steps to improve their digital wellbeing, they will come across things that will frustrate or upset them. This could be a mean post on social media, or a video game level they just cannot beat.

When faced with a challenge to their digital wellbeing, remind your kids to take deep breaths and think about how their actions could affect themselves and others. Go through FOSI's [Digital Citizenship Flashcards](#) to learn more.

### 5 Understand a teens' role in their digital wellbeing.

FOSI's research found that teens feel primarily responsible for their own digital wellbeing. They still look to their parents for guidance, but they view them as supporters in their digital wellbeing journey, not the ones in charge.

With this in mind, empower your teens to take charge of their digital wellbeing journeys, while you take on the role of co-pilot. Answer their questions about online life and be an active digital parent, but understand that they feel ultimately responsible for regulating their own digital health.

### 6 Talk about your digital habits.

This is perhaps the most important tip of all. Have frequent conversations with your family about how they are spending their time online. Discuss what is bringing them joy, and what is making them upset. These conversations will help your whole family take stock of their digital wellbeing journey, while also establishing trust between you and your kids when it comes to talking openly about their digital lives.

To read more about FOSI's wellbeing research, [click here](#).