

CYBERWELLNESS NEWSLETTER #4

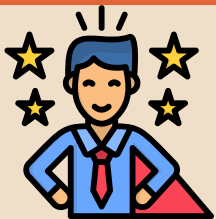
TERM 4/2025 EDITION



THE HEALTHY DIGITAL HABITS AS A FAMILY

In today's digital world, devices are a big part of our lives, but setting boundaries as a family helps children learn how to use technology responsibly and mindfully.

WHAT CAN YOU DO?



1. Be a role model — let children see you using devices mindfully

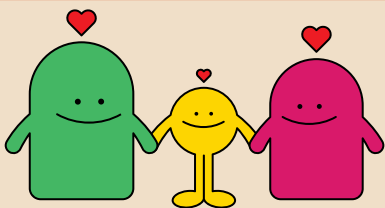


2. Set screen-free times e.g. during meals or family outings



3. Keep device use in shared areas to encourage openness and visibility.

3 SIMPLE FAMILY RULES TO BEGIN WITH



Keep devices away during meals

Turn off screens at least 1 hour before bedtime

Always ask before downloading new apps or games

IDEAS YOU CAN TRY AT HOME

Create a Family Tech Agreement:

Work together to set 3 rules that everyone in the family agrees to follow.

Play an offline game or go tech-free for an hour a day:

Start small — just 15 minutes can help the family reconnect.

HOW DOES YOUR FAMILY USE DEVICES?



CONVERSATION STARTERS:



- When does our family use screens the most?
- Are there times we could turn off screens and connect more?
- What's one digital habit we're proud of



MINI ACTIVITY: MAKE A FAMILY TECH AGREEMENT

Fill in 3 rules with your family!

RULE	WHO SUGGESTED IT?	WHY IT'S HELPFUL