

Digital Wellbeing Guide

By Wallingford School students 2025

We want the way we use our digital technology to be appropriate, healthy and intentional

When we use our devices, it will be for a good reason, for a planned period of time

Set up better non- digital routines and habits

Have **just one place** at home where you keep and charge your devices, which is NOT your bedroom

Set up routines for the day that **do not involve your devices** e.g. your phone is not the first thing you use in the morning, or the first thing on the bus

Put your devices “to bed” in their **place at least 1 hour before you go to bed.**

Use **Do Not Disturb** mode on your phone from 1 hour before bed until 1 hour after waking

Make our devices less appealing

Turn off notifications

Delete apps you rarely use

Remove tempting apps from the home screen / log out of them

Make the screen Black and white

Set time limits

To help us learn how to be bored

Meet up with friends instead of DM them

Go outside

Do exercise

Put interesting things to do in easy to see places in your house

Ask family members to spend time with you on a shared activity

Do at least one non-digital activity a day

The World Health

Organisation recommends the following time limits for young people 17 and under on their devices:

No more than 2 hours per day, except for homework

SCREEN TIME: Recommended limits for kids

UNDER 2 YEARS OLD
Zero screen time, except for video chatting with family or friends

2-5 YEARS OLD
No more than one hour per day co-viewing with a parent or sibling

5-17 YEARS OLD
Generally no more than two hours per day, except for homework

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