HEALTHY DIGITAL HABITS

Healthy families chat about online experiences

BEFORE DREAM TIME FINISH UP YOUR SCREEN TIME

Prioritise sleep

No devices in bedrooms, bathrooms or toilets
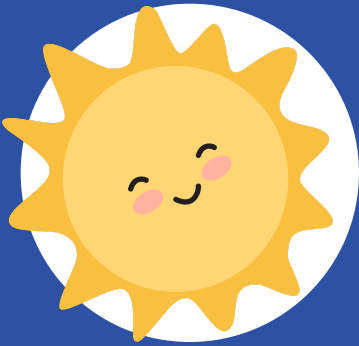
Take regular breaks from screens

Trust your early warning signs

Balance screen time with green time

NAVIGATING UNCOMFORTABLE SITUATIONS

Do Not Respond

Record/ Screenshot

Take a Break

Mute/Block/ Change Settings

Report

Seek Help

kids help line
anytime. any reason.

INFORM & EMPOWER
Digital Safety & Wellbeing