



Digital Wellbeing for Young People

As technology becomes more integral to young people's lives, it's crucial for parents to understand the impacts and promote digital wellbeing. This guide explores current trends, positive and negative effects, and strategies for balanced screen time.

Alarming Screen Time Trends



Device and Social Media Addiction

95% of teens own smartphones, 50% feel addicted.



Excessive Use

Teens spend 3+ hours daily on social media.



Sleep Disruption

60%+ use phones before bed, impacting sleep.

Benefits and Drawbacks

Positive Impacts

- Connectivity with friends and family
- Access to educational resources
- Creativity and self-expression

Negative Impacts

- Mental health issues like anxiety
- Sleep deprivation and fatigue
- Physical strain and inactivity

Strategies for Balance

1

Set Limits

Use built-in tools to cap daily social media use. Have a family meeting to agree on limits.

2

Schedule Breaks

Allocate specific times to check devices.

3

Digital Detox

Designate device-free periods or days.

4

Offline Activities

Encourage hobbies without screens.

Resources for Support

College Wellbeing Team:

[Student Wellbeing | East Sussex College \(escg.ac.uk\)](https://www.escg.ac.uk)

Helplines

Mind: list of helpings:

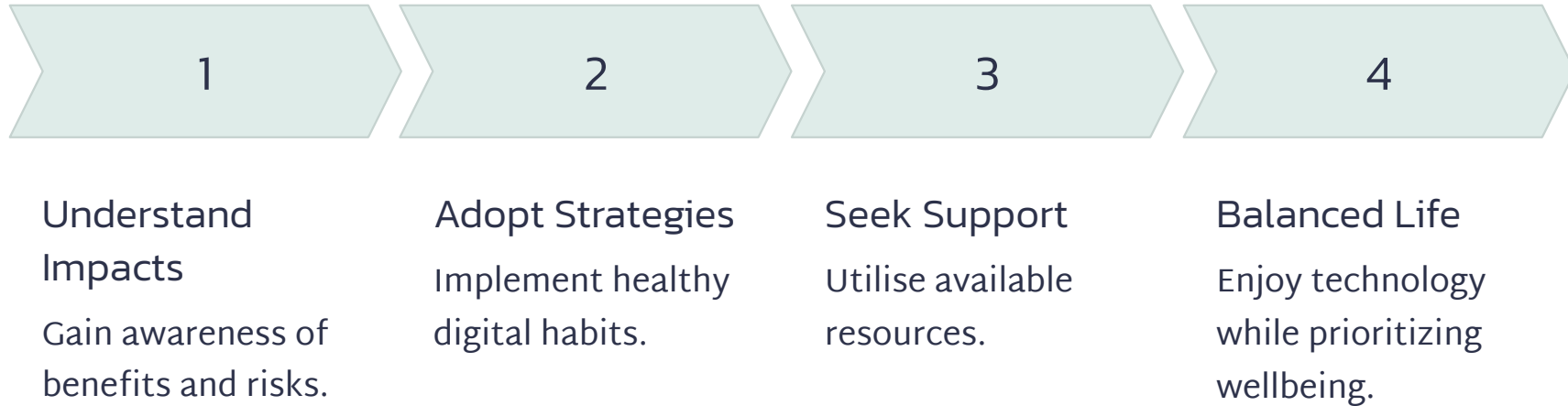
[Useful contacts - 11-18 year old's mental health - Mind](#)

Online Resources

Young Minds: [Social Media and Mental Health | Tips and Advice | YoungMinds](#)



Finding the Right Balance



Key Takeaways

Challenge	Excessive digital technology use
Goal	Improved wellbeing and balanced life
Strategies	Set limits, schedule breaks, engage offline
Support	Utilise counselling, helplines, resources