

# HEALTHY DIGITAL HABITS



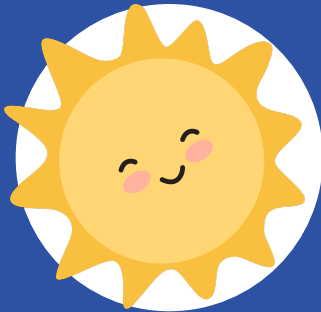
Healthy families chat about online experiences



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

