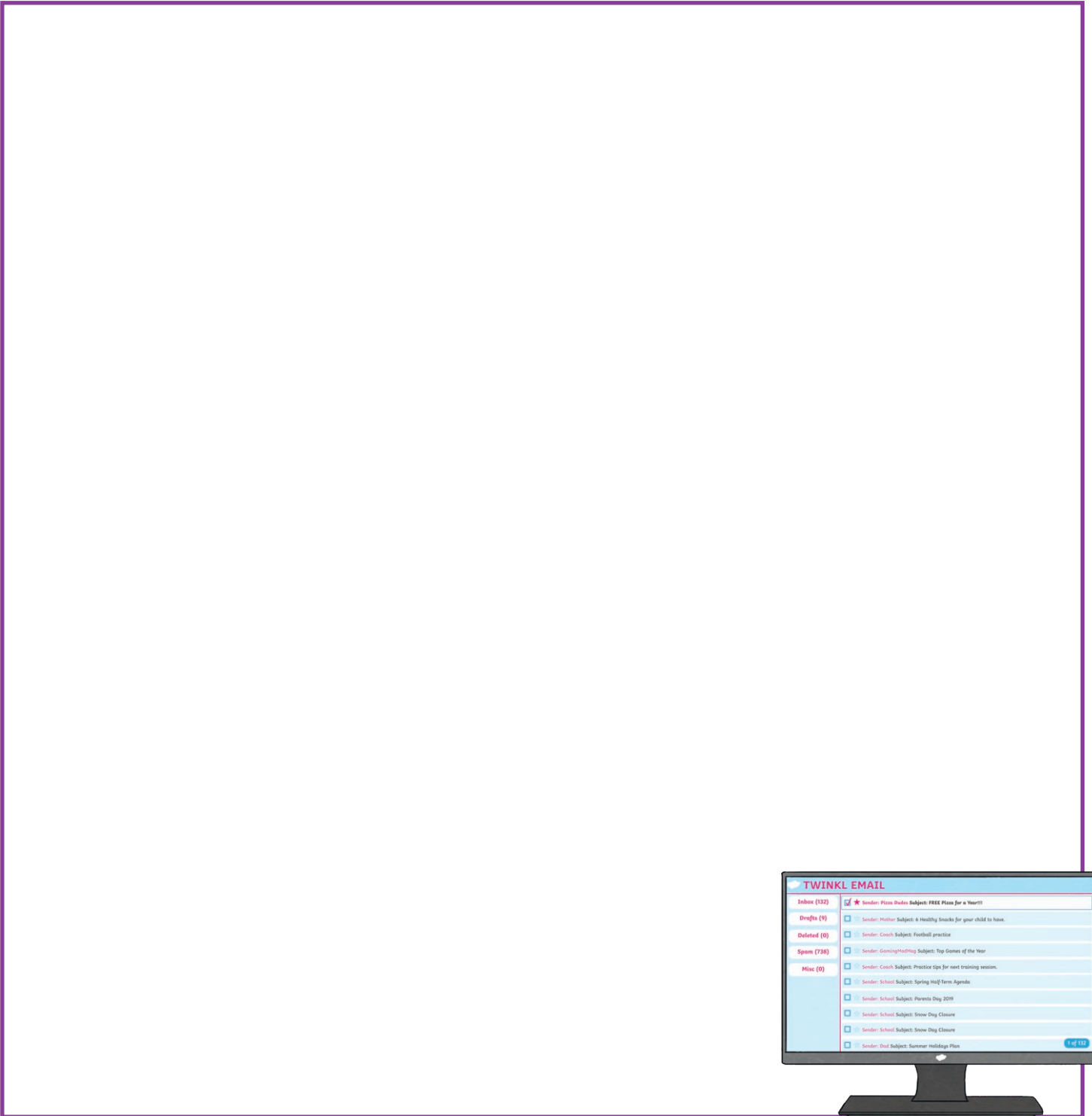


A Healthy Digital Life

It is important we use the Internet and other digital technology positively and in a way that does not harm our health and wellbeing.

Design and create a poster to explain to others in school what digital wellbeing is and how they can stay healthy when spending time online and using other digital technology.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).