

# THRIVE

## newsletter

**March 2026**

### **DIGITAL WELLBEING**

In today's digital world, supporting children to use technology safely and mindfully is essential for their emotional wellbeing. The Thrive Approach encourages adults to guide children in developing a balanced relationship with screens, helping them enjoy the benefits of technology while protecting their mental health.

Digital wellbeing means setting healthy boundaries around screen time, recognising the impact of social media on self-esteem, and encouraging positive online behaviours. When children learn to manage their digital lives thoughtfully, they build resilience, focus, and stronger real-world connections.

Modeling mindful tech use and open conversations about online experiences create a safe space for children to share worries and celebrate successes. This connection helps them feel supported in navigating the challenges and opportunities of the digital world.

### **THRIVE IN ACTION**

Thrive Tip: Try creating “tech check-ins” where children reflect on how screen time makes them feel, and set small goals for balanced use. Encouraging activities offline—like hobbies, play, and face-to-face time—helps keep their digital world in healthy perspective.

### **FOCUS**

Digital Wellbeing: Safe and balanced use of technology and social media