eSmart
alannah & madeline foundation

Managing digital wellbeing
Keeping things balanced

Australian Curriculum Alignment	Level 1	Level 2	Level 3
	Manage the wellbeing of self by following adult directions at school and home to implement healthy practices with their use of tools.	Manage the wellbeing of self and others by participating in the creation of rules and applying them at school and home to implement healthy and manageable practices with their use of tools.	Manage the wellbeing of self and others by following an agreed code of conduct to support healthy and manageable practices with their use of tools.

Resource

Using digital devices can be a positive part of your child's life, but just like anything, it's important to keep things in balance. Read this article for tips on how to promote balance.

- School-age screen time: tips for balance | Raising Children Network

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