DIGITAL WELLBEING

5 Tips for Students

**SET A TIMER**
We underestimate the time we use our devices! Make sure you set a timer or use your device's screen monitoring tools to help set up boundaries for use.

**DIGITAL CURFEW**
Just like you, your devices need a bedtime too. An hour before you go to bed, put your device away to give your brain and eyes a break from the blue light of the screen. Plus, it’s a perfect time to read a book!

**FOCUS MODE**
Our minds cannot multitask. Need to get your homework done but are distracted by videos? Put your device into focus mode and you can get your task done faster and have better concentration.

**PRIORITIZE PEOPLE**
Connect with friends and family by being present in conversations and activities. Silence your phone and put it away so that you can put the most important people first in your life.

**DEVICE FREE MEALS**
Make meals a no phone zone! Great for connection and developing healthy eating habits. Being distracted can cause you to overeat since it takes at least 20 minutes for your brain to know that you ate.
LIVING IN A DIGITAL WORLD

DIGITAL FOOTPRINT
Everything that we post on social media or on a website never really goes away. It leaves a permanent “footprint” even after the post has been removed.

THINK B 4 POSTING
Technology makes it simple to post anywhere and anytime. You should always take some time to think about what you are posting and how it impacts you and others. Ask yourself, does it represent the best version of myself?

PUBLIC AND PERMANENT
Assume everything you post will be available to everyone even if you restrict access to your closest friends and family. In this world of screen shots nothing is really restricted and is permanent.

BE SMART: PROTECT YOUR SELF
People can pretend to be anyone online in video games or social media. Never reveal personal information with people that you meet online. Never give information like the neighborhood that you live in, the school you attend, or teams that you play on.

DON'T ENGAGE IN DIGITAL DRAMA