

Pupils Digital Wellbeing

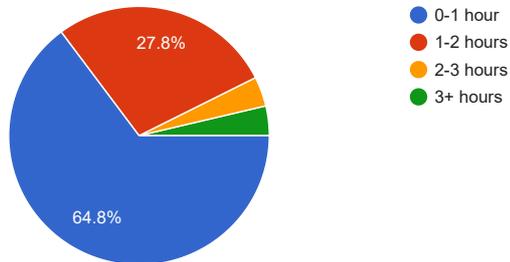
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How much time do you spend online on a school day?

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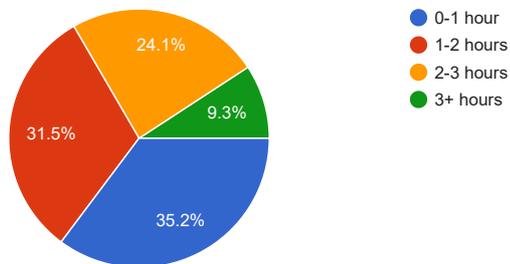
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How much time do you spend online on a day when you don't have school?

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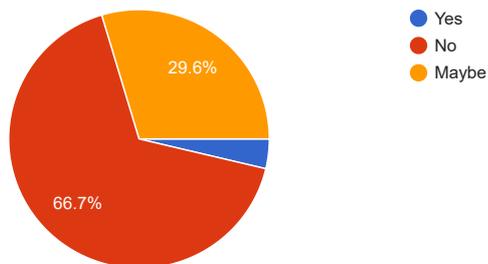
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Please think about your time online. Would you like to be online for **More** time?

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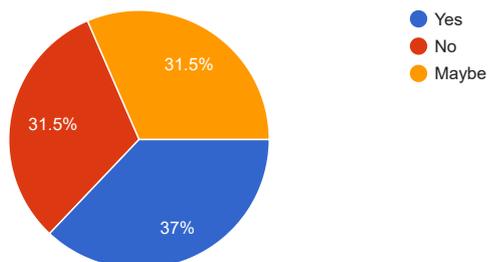
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Please think about your time online. Would you like to be online for **Less** time?

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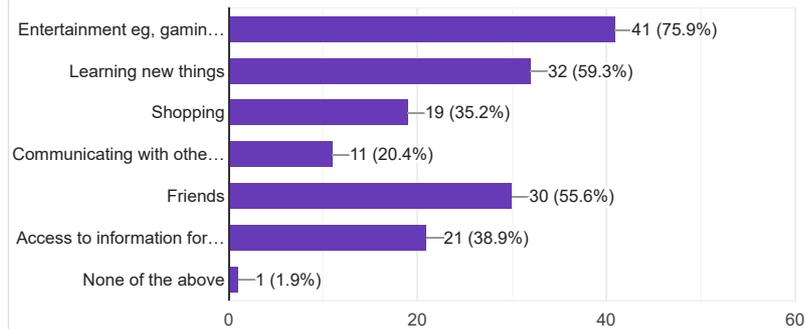
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Please think about your feelings when online. What are the good things about being online? Tick all that apply.



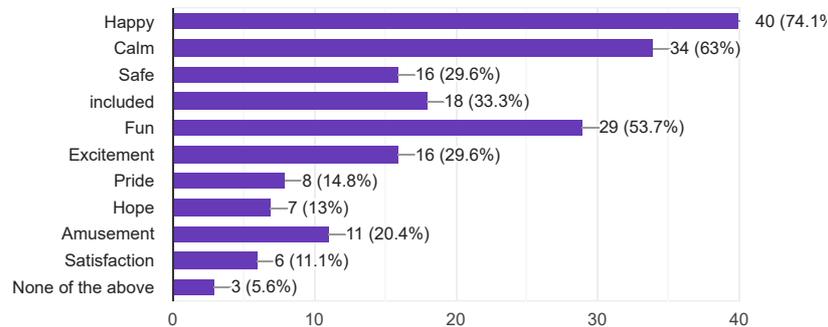
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Please think about your feelings when online. What good feelings do you have when you are online? Tick all that apply.



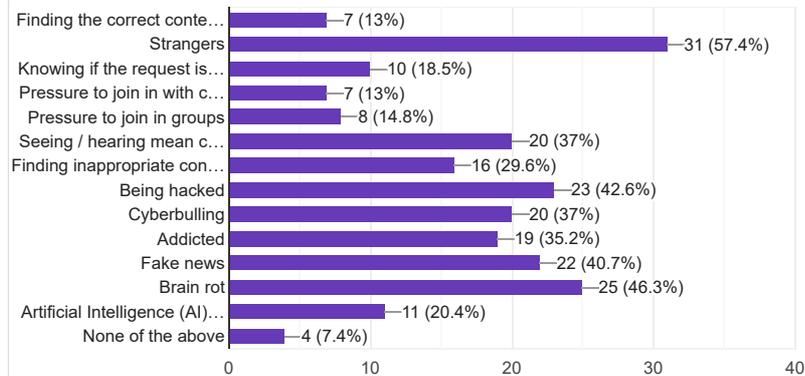
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Please think about your feelings when online. What are the difficult (hard) things about being online? Tick all that apply.



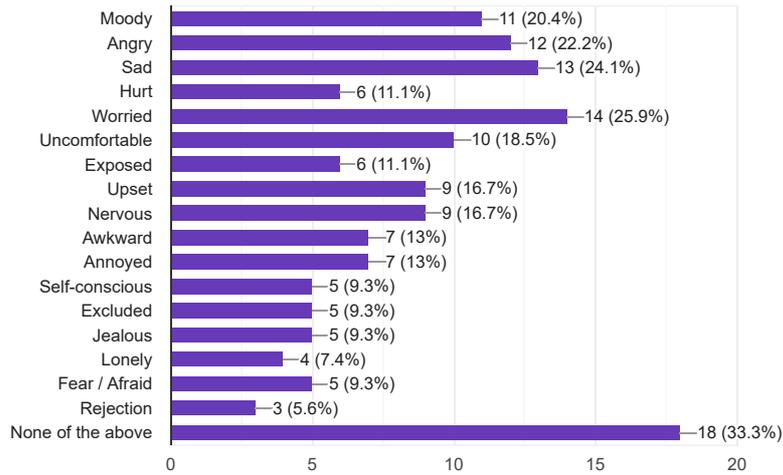
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Please think about your feelings when online. What difficult/bad feelings do you have when you are online? Tick all that apply.

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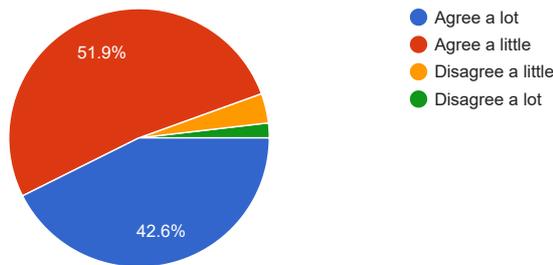
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Parents/Adults should be able to see what children and teenagers are doing when they are online.

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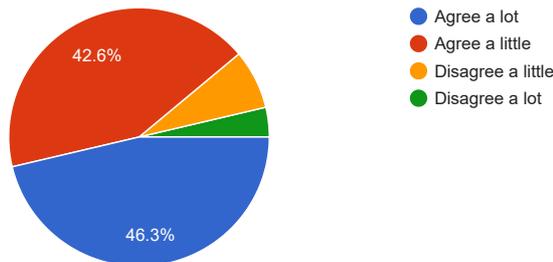
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Children and teenagers should have time limits for being online.

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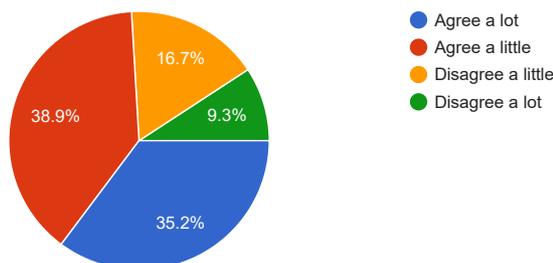
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Children and teenagers shouldn't have devices in their bedrooms overnight.

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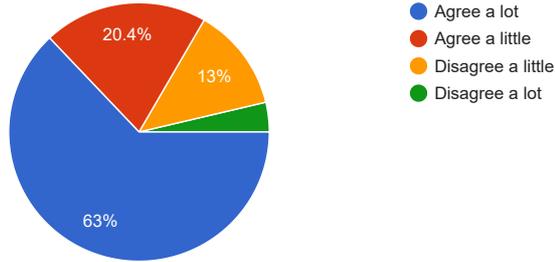
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Students shouldn't be able to have their phones with them during classes.

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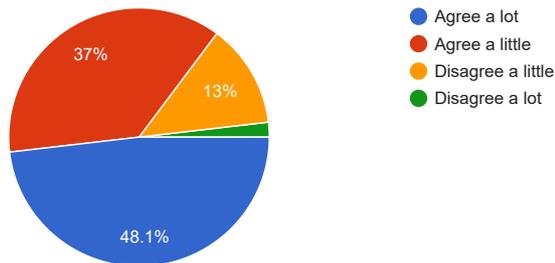
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People should stick to the age restrictions for games/apps and websites.

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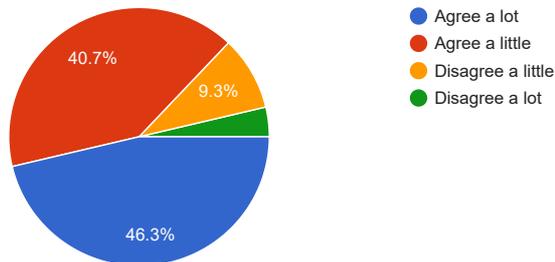
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Rules about time limits can be adjusted at certain times, for example, when children are on school holidays.

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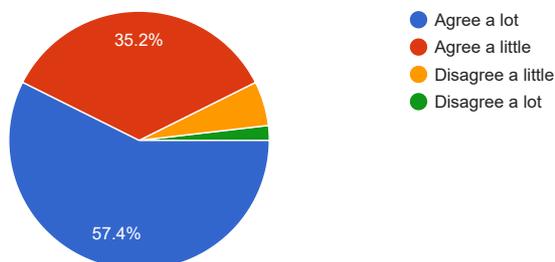
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Some apps/websites can be fun to use but online safety and wellbeing are more important than fun.

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54 responses



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