

Digital wellbeing plan



Fill out the questions below to create your own digital wellbeing plan!

This plan helps you stay in charge of your time online. Use it to set goals, figure out what's working (and what's not), and make sure the online world is supporting your mental health and wellbeing.

Tips for building your digital wellbeing plan:

- Be honest with yourself
- Keep your answers short and simple
- Revisit your plan every few months and make updates
- Put your plan somewhere you'll see it as a reminder
- Share your plan with someone you trust, if you want



Do you know someone who also wants to take control of their digital wellbeing?

Fill this out together, share your plans, and check in on each other.

1 What do I want my time online to feel like? (e.g., fun, creative, calm, connected)



- 2** How can I tell when being online is affecting my mood or mental health?
(e.g., feeling anxious, comparing myself to others, not getting enough sleep)

- 3** How will I set boundaries around my time online? (e.g., time limits, no-phone zones)

- 4** What can I do to curate my feed into a positive space?
(e.g., mute or unfollow accounts, follow inspiring accounts)



5 What helps me feel better when I need a break from being online?
(e.g., going outside, journaling, deep breaths)

6 How will I track my progress and wins?
(e.g., tracking my screen time, phone free time, mood)

7 Who can I talk to if something online upsets me or feels unsafe?
(e.g., a parent, friend, school wellbeing)





Below are some places to go for support



Your school wellbeing team or an adult you trust



Your general practitioner (GP)



Kids Helpline: 1800 55 1800



Lifeline Australia: 13 11 14



13YARN: 13 92 76



Department of Education mental health
and wellbeing toolkit for students

www.vic.gov.au/mental-health-and-wellbeing-toolkit



eSafety Commissioner www.esafety.gov.au



headspace www.headspace.org.au



MOST www.most.org.au



If you need urgent help, call Triple Zero (000)

You can visit the Department of Education's Safe Socials
website for more info on staying safe online!

www.vic.gov.au/safe-socials

ScrollSafe for teens

[www.orygen.org.au/Training/Resources/
digital-technology/ScrollSafe](http://www.orygen.org.au/Training/Resources/digital-technology/ScrollSafe)



Department
of Education



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INFORMATION ABOUT
ORYGEN, PLEASE CALL
+61 3 9966 9100 OR
SEND AN EMAIL TO
INFO@ORYGEN.ORG.AU

ORYGEN.ORG.AU

ORYGEN LTD

35 POPLAR ROAD
PARKVILLE VIC 3052
AUSTRALIA

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