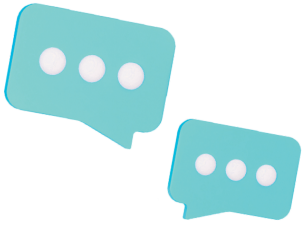




Digital Wellbeing Masterclass Follow Up Resources



VIDEOS

THE SOCIAL
DILEMMA

CONVERSATIONS
ABOUT THE SOCIAL
DILEMMA

DIGITAL OBSESSION

GOODNIGHT IPAD
BOOK

PROTECTING YOUR
VISION

TECH-NECK
PROTECTION IDEAS

HEADPHONES AND
KIDS

BOOKS

GOODNIGHT IPAD

DOT UNPLUGGED

(SUITABLE FOR PRIMARY
AGED STUDENTS)

POLLY AND THE
SCREEN TIME
OVERLOAD

(SUITABLE FOR PRIMARY
AGED STUDENTS)

WEBSITES

DIGITAL WELLBEING

SIMPLE SOLUTIONS
TO STOP SCREENS
SABOTAGING SIGHT

DANGEROUS
DIGITAL
CONTAGIONS

ARE SCREENS &
SOCIAL MEDIA TO
BLAME FOR MENTAL
HEALTH CRISIS