



## St Jude's Online Safety Newsflash

### The Digital 5 A Day



The **Digital 5 A Day** provides a simple framework that reflects the concerns of parents and carers, as well as children's behaviours and needs. It can also act as a base for family agreements about internet and digital device use throughout both the holidays and term time.

Based on the NHS's evidence-based 'Five steps to better mental wellbeing', the 5 A Day campaign gives children and parents easy to follow, practical steps to achieve a healthy and balanced digital diet.

Click on this link to find out more:  
<https://www.childrenscommissioner.gov.uk/2017/08/06/digital-5-a-day/>