

Self-esteem and well-being in a digital world

The basics for a good foundation

Resource sheet

Online Safety Zone on Hwb

- Self-Image and Identity
<https://hwb.wales.gov.uk/onlinesafety/repository/resource/7c4a5e2f-d134-418e-ae2b-f141c9326f47/en>
- Digital Footprint and Reputation
<https://hwb.wales.gov.uk/onlinesafety/repository/resource/536929bd-a274-4d30-b933-b6903b7787e8/en>
- Your Child's Online World – A Guide for Parents
<https://hwb.wales.gov.uk/onlinesafety/repository/resource/ba714016-119a-44dc-818c-6a0d95f6409f/en>

Welsh Government Publications

- Digital Communities Wales: Digital Footprint. This provides an example of offline well-being and asks children and young people how they can move these ideas online.
http://chcymru.org.uk/uploads/events_attachments/Digital_Footprint_Presentation_for_RSL_Digital_Officers.pdf
- Well-being of Future Generations (Wales) Act 2015
<http://gov.wales/topics/people-and-communities/people/future-generations-act/?lang=en>

NHS Wales/GIG Cymru

- Tips for well-being
<http://www.healthchallengewales.org/mental-health-and-well-being>

ITV

- Seven ways to help keep children safe online
<http://www.itv.com/news/wales/2016-03-09/seven-ways-to-keep-children-safe-online/>
- Welsh parents worried about 'happiness of their children'
<http://www.itv.com/news/wales/2016-05-26/welsh-parents-worried-about-happiness-of-their-children/>

Vodafone: Digital Parenting magazines

- Expert advice and guidance for parents and carers from Vodafone.
<https://hwb.wales.gov.uk/onlinesafety/repository/resource/a1d1ebab-a919-4e25-b41e-6a4188d220b9/en>

UK Safer Internet Centre

- Power of Image Report
<https://www.saferinternet.org.uk/safer-internet-day/2017/power-of-image-report>
- Create a positive digital footprint online
<https://www.saferinternet.org.uk/blog/create-positive-digital-footprint-online>

Childnet

- Digital citizenship
<http://www.digizen.org/kids/>
- Webpage with explanations on digital footprints
<http://www.kidsmart.org.uk/digitalfootprints/>

Internet Matters

- Well-being apps guide for kids
<https://www.internetmatters.org/advice/wellbeing-apps-guide-kids/>

Think U Know

- Webpage with explanations on digital footprints
https://www.thinkuknow.co.uk/11_13/need-advice/digital-footprint/