



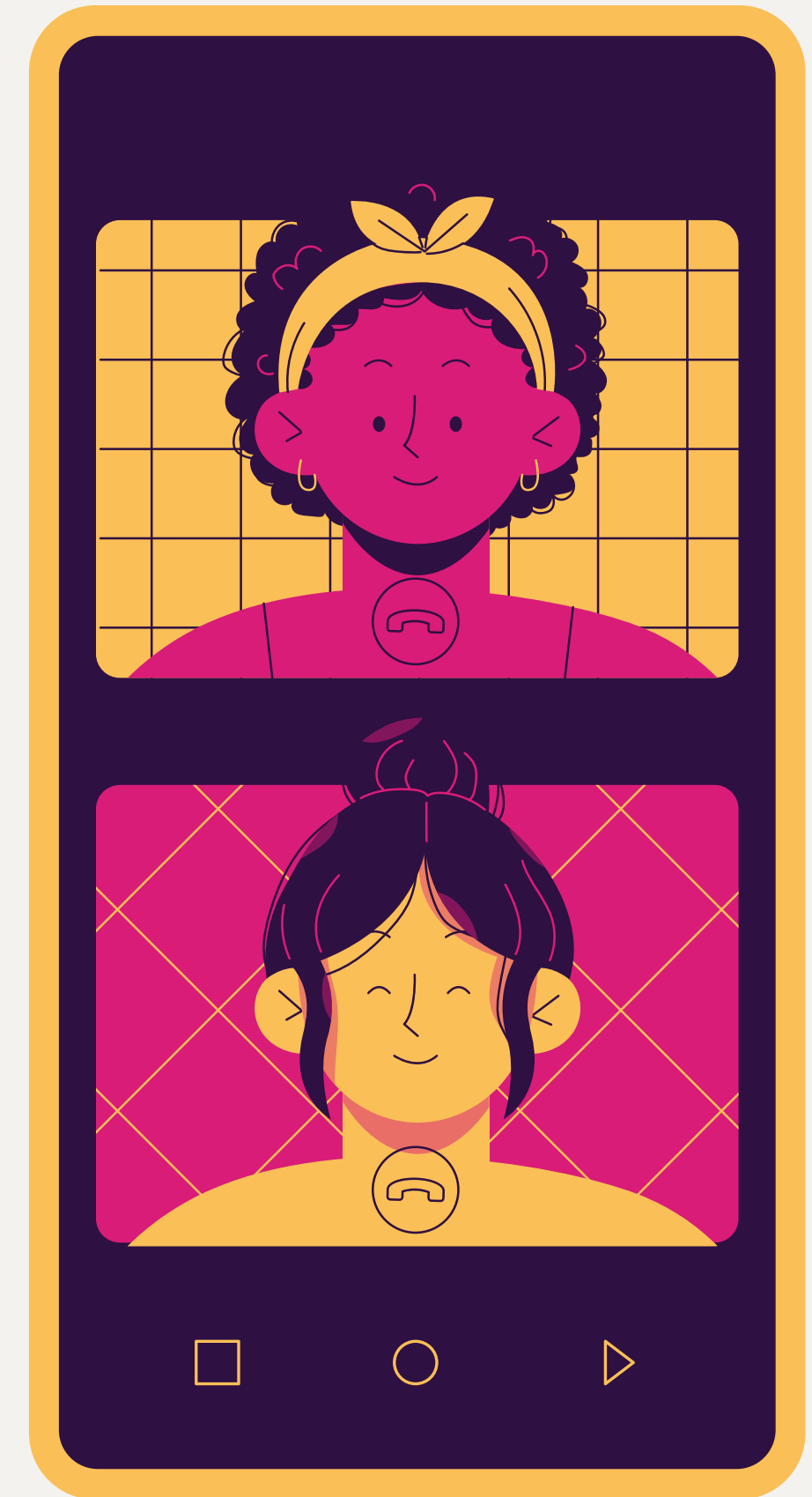
# Digital Wellbeing Project

**Blog by Megan**

# Your involvement & reflections

I have been involved in the project since October 2021. From the beginning of the project I have learned so much. I have learned about online safety, my rights, and relationships online and what the Care Experienced community thinks about this.

The project has personally been eye-opening for me and has completely changed my view on digital wellbeing. I have learned how to keep myself safe online by making sure I know who I'm adding on social media, how to ensure a website is safe and where to get support if something does go wrong.



# Reflections



I have really enjoyed being a part of the Digital Wellbeing group. In the beginning stages we made a group charter that included some rules for us to follow. The main one being that it is a safe non-judgemental space (which it was). This has meant I have been able to share positive and negative experiences I've had online and been met with only support.

I have loved being able to be a part of this group and getting to expand my knowledge!

Check out the resources we have developed to help you with your digital wellbeing, [Here!](#)