

**Title: Digital Wellbeing**

At Colaiste Chiarain, we strive to support and implement the government and DES policies on internet safety and digital wellbeing

[Wellbeing Policy Statement and Framework for Practice 2018–2023 Revised October 2019](#)

In conjunction with the schools acceptable usage policy, we provide 1st Year students access to a wellbeing class as part of their 200 hours of wellbeing programme in Junior Cert. Within this framework, we examine the issues surrounding digital wellbeing. This encompasses areas such as 'minding myself online', internet safety, access to the school computer system and gmail as well as how to use our Google G-Suite of educational support software.

Our 1st year digital wellbeing classes use resources provided by [webwise.ie](https://www.webwise.ie), which is the Irish Internet Safety Awareness Centre, co-funded by the Department of Education and Skills and is co-financed by the European Union's Connecting Europe Facility. We encourage parents to have a look at the resources available on the website and become familiar with the courses we are offering. The website also provides parents with resources to help students with their own digital wellbeing in the wider world.

<https://www.webwise.ie/parents/>