Digital Wellbeing Curriculum Audit Template

This template is designed for Mental Health Leads, PSHE Leads, and DSLs to RAG (Red, Amber, Green) rate their current provision against the emerging themes in the March 2026 Government Consultation.

Curriculum Focus Area	Key Audit Questions	RAG Rating	Evidence / Action Required
1. AI & Chatbot Literacy	Do lessons explicitly discuss the difference between human empathy and AI-generated responses?		
	Are pupils taught the risks of seeking mental health or medical advice from AI chatbots?		
2. Sleep Hygiene & Technology	Does the curriculum explain the biological impact of "blue light" and "infinite scroll" on adolescent sleep?		
	Are "digital curfews" or "phone-free bedrooms" discussed as a positive health choice rather than a punishment?		
3. Addictive Design Features	Can pupils identify "persuasive design" (e.g., streaks, autoplay, notifications) used by apps to keep them online?		
	Do we teach strategies for "digital agency" (e.g., how to turn off predatory features)?		
4. Screen Time Balance	Do we use the new DfE Healthy Screen Time (5–16) benchmarks in our teaching?		
	Is there a clear distinction taught between "active" (creating) and "passive" (scrolling) screen time?		
5. Parental Engagement	Do we provide parents with "Home Technology Agreement" templates or conversation starters?		
	Are parents informed about the risks of AI "companionship" bots?		