



Mobile Phones / Screen time

Looking after yourself

Mrs Waring

Screen time – How much is too much and why does it matter?

- Ben has been playing his new game, 'Star Wars Jedi: Survivor' for six hours. He usually plays online with his friends when his family have gone to bed. This means he is sometimes up until 3am in front of a screen, in the dark. Ben has just turned 14.



Looking after yourself

- Being online is a huge part of our daily lives, there are so many benefits to it, connection, learning new things, having fun.
- But are we always aware of the less positive impacts it can have on us and others around us?
- <https://www.justtalkherts.org/news-and-campaigns/just-talk-week.aspx>



The statistics for 12-14 year olds.

- 3 hours a day
- 21 hours a week
- 84 hours a month
- 1008 hours a year
- 42 days a year



Teens are spending the equivalent of a 40-hour work week on their devices. Here's how to help

'Cybersickness' to be categorized as a psychological disorder

SOCIAL MEDIA ADDICTION: *DISCONNECTING* FROM REALITY



Inattentive, irritable and detached?
Your kid may be addicted to screens

➤ Doctors say kids in the 7-18 age group are at **high risk** of developing virtual addiction



Self reflection

- How long are you on your phone /tablet for a day?
- What are you looking at?
- How does it make you feel after you have been on it for a couple of hours?
- Do you go on it before bed?
- Do you look at it first thing?
- How would you feel if it got confiscated?
- Could you be addicted?



NO CELL
PHONE
POLICY IN
SCHOOLS



Why no mobile phones?



YOU ARE HERE TO
LEARN FROM THE
EXPERTS.



YOU NEED TO BE
FOCUSED – NO
NOTIFICATIONS
DISTRACTIONS / TEXTS.



TO KEEP YOU
SAFE.

Parent / Carer Checking your phone





Support

- If you are worried about phone addiction – speak to us.

How Reduce Using Your Phone

- 1 Turn off notifications: Focus on work or spending time with family/friends
- 2 Keep your phone in a different room: Improve sleep and productivity
- 3 Delete/hide apps: Hide distracting apps
- 4 Set a timer on your phone: Disable social media apps
- 5 Don't use your phone before bedtime: Create a bedtime routine to wind down



Where to report any concerns?



The Challenge:

Use under TWO hours of screen time on your phone each day for ONE week.

