

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-andcampaigns/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









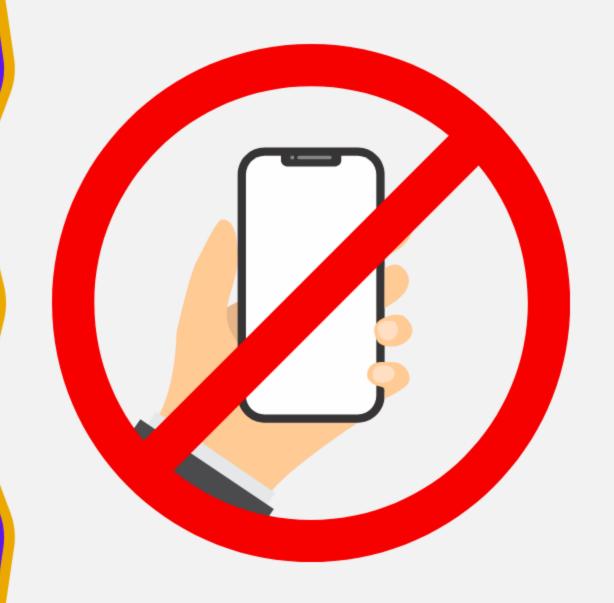
> Doctors say kids in the 7-18 age group are at high risk of developing virtual addiction



- 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 DHONE POLICY IN SCHOOLS



Why no mobile phones?





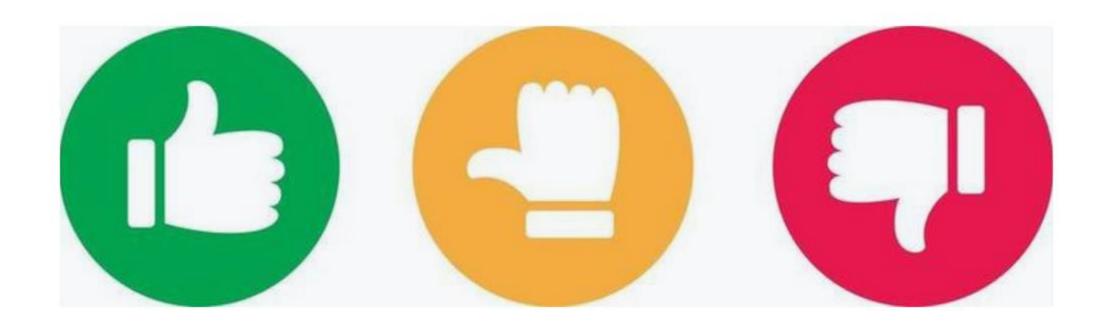


YOU NEED TO BE FOCUSED – NO NOTIFICATIONS DISTRACTIONS / TEXTS.



TO KEEP YOU SAFE.

Parent / Carer Checking your phone

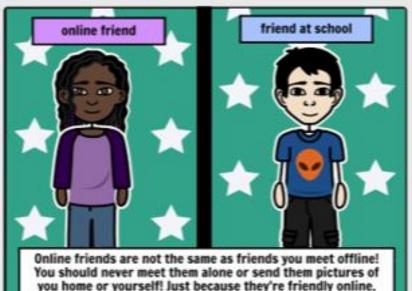












doesn't mean they are offline. They might not even be who

they say they are!



Support

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

How Reduce Using Your Phone

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

 Create a bedtime routine to wind down

Where to report any concerns?





(i) UK Safer Internet Centre

The Challenge:

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

