

DIGITAL WELL-BEING

Like the rest of us, Adil likes to spend time on his phone. However, lately, he's been feeling tired after playing games or chatting with friends.



We experience many emotions when we're online - and sometimes, spending time on our devices can make us feel worn out or distracted. Digital well-being is all about using our devices in a healthy way, so we stay happy and energized. By learning healthy habits- like taking breaks, seeking support and balancing screen time with offline activities- we can feel better and use technology to help us reach our goals.¹



On a sheet of paper, write down all the ways you keep yourself healthy online.

Here's an example: a daily time limit reminder for social media apps!



Think about it

What would your day look like without any screens? What's the one thing you would enjoy doing without using your phone/personal computer or any other device? How often do you put away your device to spend time with friends or family?



Adil wants to understand how his digital well-being affects his emotional health. He created the following chart in his notebook. Look at the instructions below and make one for yourself!

What emotions did you feel on the internet today? Draw emojis—big for strong feelings, small for mild ones. After a week, check which feelings showed up the most. If you often feel tired, angry, anxious, or sad, try the tips below to feel better!



Tips for Staying Safe and Healthy online²

- **Talk About Your Devices:** Share what you like and don't like about your devices with your parents and friends.
- **Ask for Help:** Tell your parents and friends if you see something upsetting online; they will help!
- **Set Rules Together:** Work with your parents and siblings/cousins to make rules for using technology.
- **Create Tech-Free Times:** Decide on times to put devices away, like at meals or bedtime.
- **Choose Age-Appropriate Content:** Ask your parents before downloading new apps or games.
- **Make It Fun:** Use technology to play games, learn new skills or explore hobbies.

SCREEN TIME

“Screen time” can mean different things to different people. The Oxford English Dictionary defines it as the time spent using devices like computers or TVs. The World Health Organization focuses on time spent just watching shows or playing games that don’t require moving around! Since screens are part of our daily lives, it’s important to remember they can help us communicate, find information, and have fun.³



What’s My Screen Time Balance?

This checklist will help you reflect on your screen time habits and how they affect your well-being. Count the statements you relate to. This will give you a better understanding of your screen time balance and help you make healthier choices!

- I spend less than 3 hours on screens each day.
- I do not use screens before bedtime.
- I take regular breaks when using screens.
- I feel relaxed and calm after taking breaks from my screen.
- I spend time on hobbies or activities away from screens every day.
- I talk to my family or friends about my screen time.
- I do not feel that my online time interferes with my schoolwork or relationships.

Check how healthy your habits are:

- 5-7 statements: Great Job! You have healthy screen time habits. Keep balancing your online activities with other fun things!
- 3-4 statements: Good Effort! You’re doing well, but there’s room to improve. Try taking more breaks from screens.
- 1-2 statements: Needs Attention. You might be online a bit too much. Set some goals to cut back and enjoy more offline activities.
- 0 statements: Time for Change! Your screen time might be affecting how you feel. It’s important to find better balance. Talk to someone you trust about making healthier choices.

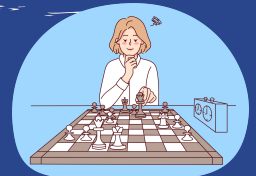
SCREEN TIME

Make this box on a piece of paper and fill it with the given prompts to better understand your screen time.



What I Love About Screen Time:

In this section, write down three things you love about your time spent on screens. This could include activities like gaming, watching shows, learning new skills, or connecting with friends.



Other Fun Activities I Enjoy:

List at least three non-screen activities you enjoy. This could be playing outside, reading, doing crafts, or any other hobbies.



My Screen Time Goals:

Write down two specific goals for your screen time. For example:

"I will limit my gaming to 1 hour on school nights."

"I will take a break every 30 minutes of screen time to stretch or do something else."

Daily Balance Plan:

Create a simple daily schedule for the next week that includes both screen time and other activities.

For example:

Monday:

3:00 PM - 4:00 PM: Homework

4:30 PM - 5:30 PM: Video games

6:00 PM - 7:00 PM: Outdoor play



Now that you know how to take care of your well-being online and balance your screen time, can you encourage your friends and family to take care of their digital well-being too?

