

PiXL
Wellbeing

Being online & wellbeing

- Identify signs that screen use has become excessive
- Understand the negative impacts of too much time online
- Take steps toward moderating screen time





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Words &
phrases I will
hear and use

Happy

Schedule

Balance

Comfortable

Internet

Feelings

Wellbeing

Online

Screen time

Healthy mind

Offline

Physical health

Safe

Limits

Discuss the following questions

- Mums and Dads often think kids spend too much time online - do they?
- Is that a bad thing?
- Why do adults think kids spending time online can be bad if it's too much?
- What do you think is too much time?



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What are the good & bad things about time spent online?

Good things about
time spent online

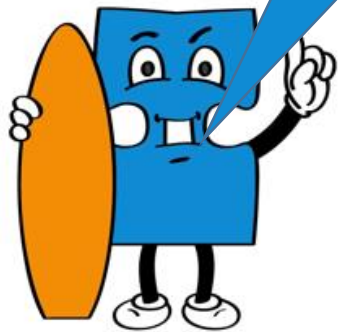
Bad things about time
spent online

A healthy mind means

Having a strong mind to allow you to handle the challenges and opportunities that life puts in front of you, without getting too worn out.



Did you
know?



Too much time spent online
can negatively impact the
physical and mental health of
children and teens.

Being online & physical health

Good physical health is when your body is functioning as it was designed to function.

As a group, discuss some of the ways that physical health might be affected from too much time spent online.



Being online & physical health

TASK: Draw two characters –

- one showing signs of excessive use of online technologies
- one demonstrating a balanced use of online technologies



Wellbeing is the state of
being healthy, safe,
comfortable and happy



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Discuss how being online
and using the internet can
make you feel and how it
can affect your wellbeing ?

Discuss how can
being online and
using the internet
affect your wellbeing?



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Scared

Stressed

Part of
something

Write on a post-it
note how being
online can make
you feel at times?

Anxious

Like you are
missing out

Worried

Frustrated

Sad

Balancing time online

Perform an audit of your daily activities by filling in the table below. Extra spaces have been provided for you to add any other activities you do each day.

Activity	Details of activity	Hours per day
Eating		
Sleeping		
Playing		
Homework		
Being active		
Relaxing		
Studying		

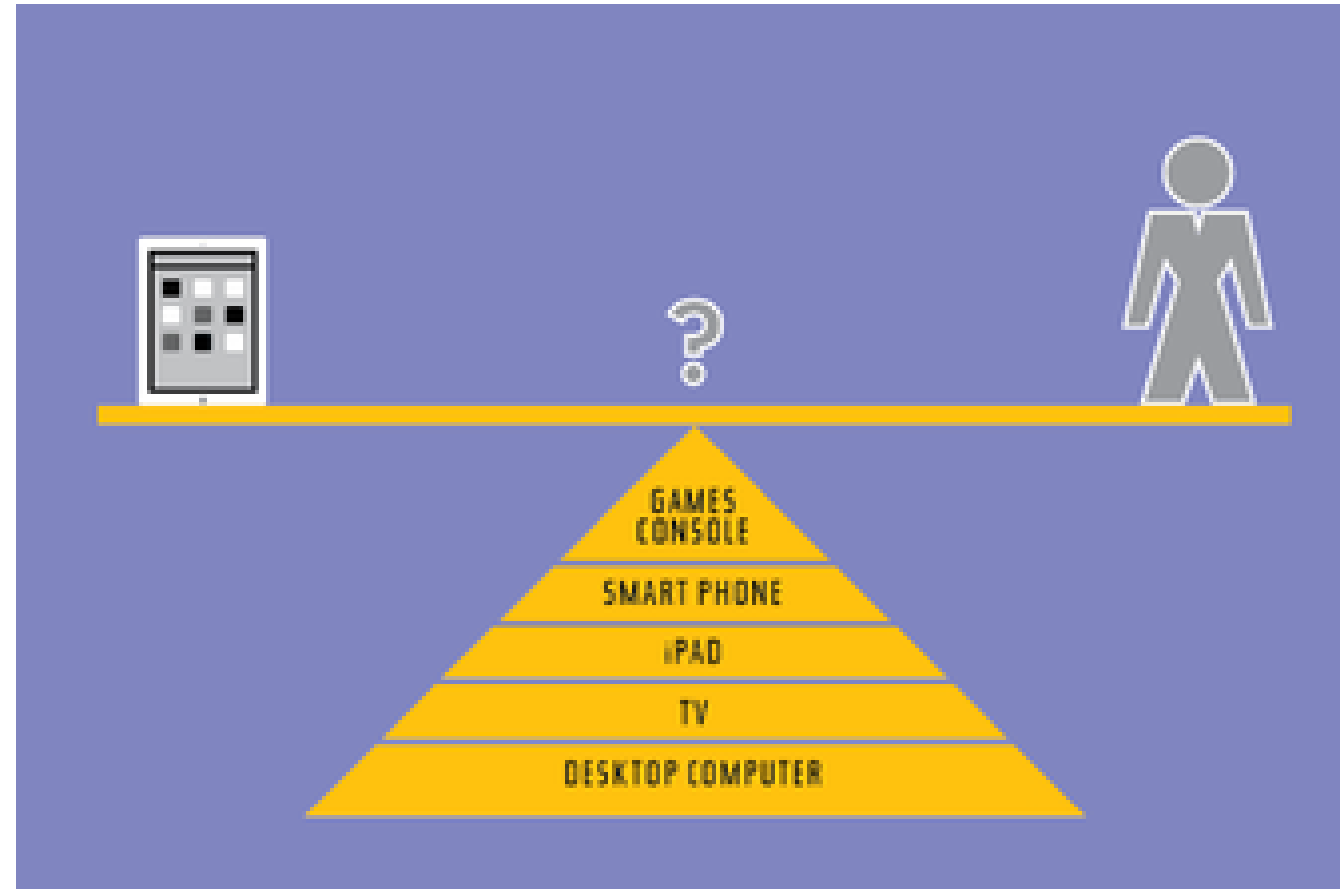
Balancing time online

Estimate how much time you spend on the following activities each week. There are some blank boxes for you to add any activities not listed

Activity	Time spent on computer	Time spent on phone or tablet
Searching online – for fun		
Searching online – for homework		
Sending emails		
Instant messaging		
Webcam chatting		
Social Networking		
Watching and sharing video content		
Other tasks for homework		
Playing games		
Sending texts		

Balancing time online


- What did your audit reveal?
- Was any amount of time longer than expected?
- How much time are you spending on the computer for homework or socialising?
- How do these figures compare to time spent on these activities offline?



House rules

- Create a set of rules about the use of screen time in your house.
- Think about tech free zones and time limits

Screen Rules

- Screens are a privilege, not a right.
- No screens at the dinner table.
- No screens after 6pm. 
- Screen time is a choice.
- Screen time is not private.
- Bedrooms are screen-free.
- Turn screens off when told.
- Homework before games.

How can we help manage our time online better?

TASK: Create a short video or poster presentation to show young people how they can manage their time online better



Summary & Top tips

- Set yourself screen time limits
- Create your own schedule for screen time
- Have online free zones in your house
- Switch off and don't use technology 1 hour before bedtime
- Produce a set of house rules

