5 top tips to balance your screen time



Not all screen-based activities are bad. Being online can be: fun, keeps you entertained, it can help you learn and keeps you in touch with friends and family.



Suggest a family meeting and agree with your parents/ carers how long you can be on social media or playing games.



Check you are not snacking on unhealthy foods while you are on screens.



Try not to use screens in the hour before you go to bed – you may find it harder for you to fall asleep.



Use your phone's built-in screen time tools to help you balance your time. They will tell you how long you have been on your device.



Stay in control! Notifications can be turned off at night or at other times, so you won't be distracted.

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