Online Safety: Screen Time

Principles
Too much screen time can affect our health
Everything in moderation

Why do we use electronic devices?	How can our bodies feel when we use screens?	What are the positives and negatives of using screens?
We can use them to communicate, entertain ourselves and gain information. There are many websites and videos to help us learn new things. Facetime and text messaging help us to keep in touch with people.	We can get lethargic and spaced out when on screens. This can affect our appetite and our mood. Causing us to become angry if we are not succeeding. Over time, we can also become unfit and feel weaker and less confident when attempting activities.	We can learn, communicate with others and be entertained. It can also affect our mood and sleep, which has a knock on effect on real lives. Because of this, some people limit how much time they are on their screens for.

How can we limit our screen time?	What are the most important uses of electronic devices?	What rules should we set ourselves?
Devices and apps allow you and your adults to set time limits to give warning when you have been on too long. Finding other hobbies is important, which bring physical benefits and help you socialise.	School work can be complete online. Communicating with family/friends can be really important. Sometimes screen time is necessary to relax.	It is important to set limits so that blue light doesn't affect our sleep. We should also leave time to maximise the benefits that electronic devices have to offer.