

Social Wellbeing

- Cyber Bulling (perpetrator or victim).
- Risk of Stanger Danger.
- Risk of being groomed.
- Risk of being exploited (sexually or financially).
- Increased vulnerability.
- Peer pressure.
- Strain on friendships.
- Strain on family relationships.
- Feelings of jealousy & envy towards friends.
- Exposure to;
 - Inappropriate imagery.
 - Inappropriate content.
 - Gambling
 - Extremist views
 - Fake news

Mental/Emotional Wellbeing

- Reduced self-esteem.
- Difficulties remaining focused.
- Increased risk of depression.
- Increased risk of anxiety.
- Increased risk of other mental health disorders.
- Increased unhappiness.
- Obsessing over how they appear.
- Feelings of inferiority.

Potential impacts of technology & screen time on children and young people....

Education

- Reduced educational attainment.
- Difficulties focusing in class.
- Reduced time to complete reading and homework.
- Increased behavioural concerns in class.

Physical Wellbeing

- Reduced movement.
- Increased risk of obesity.
- Reduced fresh air/sunlight.
- Increased sleep problems.
- Increased risk of being violent
- Poorer eye health.
- Increased time spent in isolation.
- Less healthy diet.
- Potential to feel 'invincible'.
- Increased risk taking behaviour.
- Delayed damage to joints.

However screen time and technology are great for;



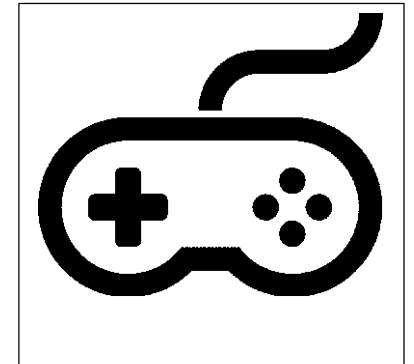
Connectivity



Learning



Creativity



Relaxing

Tips to maintain technology in moderation;

1. A set time for technology – set boundaries & reduce impacts (see previous page).
2. Keep technology out of the bedroom to use in communal rooms in the house – keeping your child safe & prevents them being isolated.
3. Provide a time before bedtime that is screen free – enabling your child to have a restful night's sleep.
4. Talk together about games played, or play together – show an interest.
5. Keep all phones and tablets away from the table at dinner – promoting conversation.
6. Follow age appropriate advice – preventing exposure to inappropriate contact.
7. Short & frequent breaks – to promote physical & mental health.