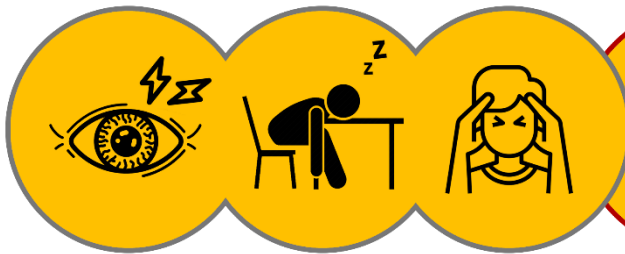


HOW SCREEN TIME AFFECTS OUR STUDENTS

Short Term

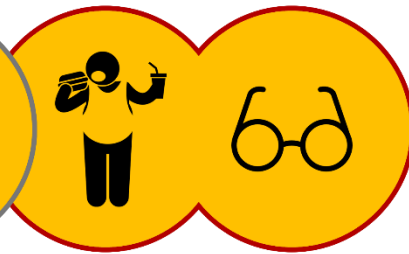


Eye strain

Tiredness from poor sleep

Headaches

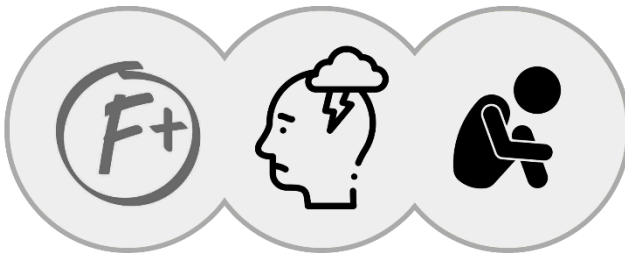
Long Term



Increased risk of childhood obesity

Increased risk of myopia

Mental Effects

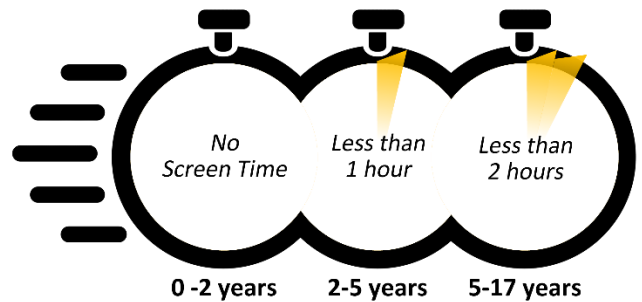


Decreased academic performance

Increased chances of depression & anxiety

Social & behavioral issues

How much is too much?



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines

What can schools do?

Keeping staff up-to-date with screen time guidelines, while using those guidelines to create actionable tools & learning material, can be a struggle.

ScreenSmartSchools makes building healthy screen habits "child's play"

Help your students & get your school certified at:

STOP



Rest your eyes with regular breaks

SHIELD



Block distracting apps & websites

SHUT



Shut down devices and get active!

THE "SCREEN SMART WAY"

ScreenSmartSchools.com/certified

