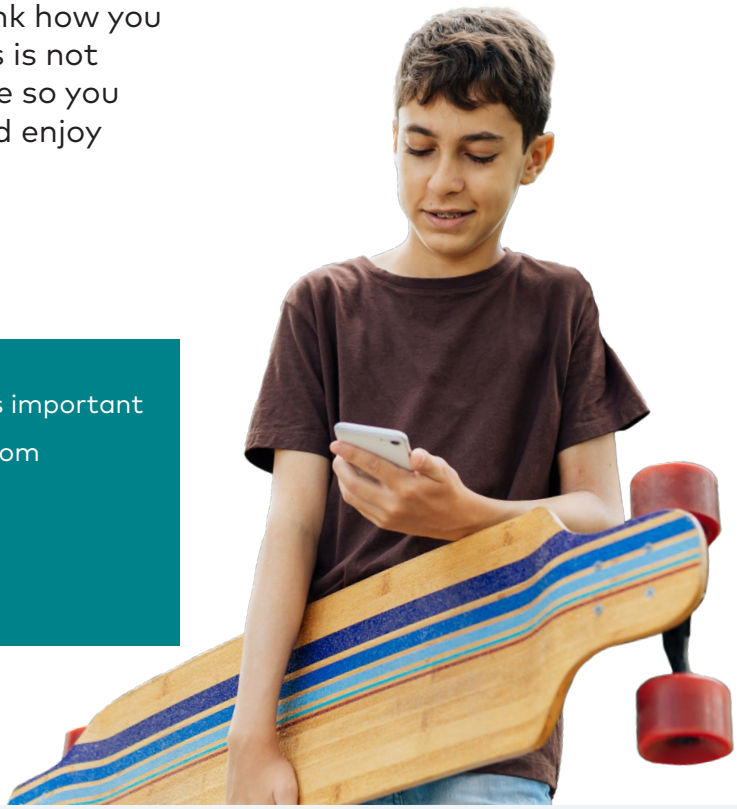
Digital Balance

Life hacks to balance time online

Keeping track of time online can be really hard. One minute you're doing that homework assignment, the next you're on TikTok or Fortnite and it's 2am. If this sounds familiar, you might need to rethink how you spend time online. Switching off your devices is not the only answer. It's about planning your time so you and your mates can get schoolwork done and enjoy all of the benefits of being connected.

This guide will help you:

- ✓ Understand what digital balance is and why it's important
- ✓ Look out for signs that you could use a break from your screen
- ✓ Find ways to regain digital balance
- ✓ Seek more help if you need it



Achieving digital balance means you have time for tech as well as other things in your life. That might be moments spent with your mates and family. It could also be time studying, playing sport or working on your hobbies.

Why tame your tech

Spending too much time online can change the way you feel about yourself and how you feel about the world. Tame your tech so there's room for doing what you love away from a device.

Some signs that your digital life could be affecting you are:

- You don't want to put down your tech
- Not feeling like meeting friends, playing sport and going to school
- Homework and assignments aren't getting done because you'd rather game and stream
- Feeling tired, not sleeping well, headaches, sore eyes
- Getting anxious or angry if you're asked to stop using your tech

If you or a friend are experiencing these signs, it's really important to tell a parent or trusted adult.

Creating digital balance

The good news is that there are heaps of apps and websites out there to help you. Whatever you're into, there's an app or website for it. Search for what gets you to:

Move

Relax

Study

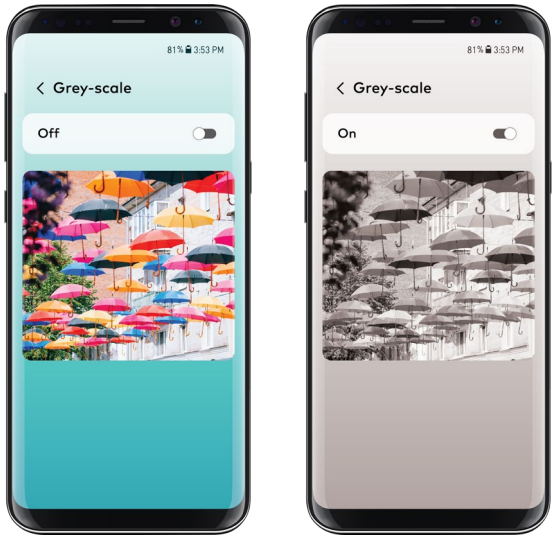
Organise

Just remember to read the reviews and Terms of Service before you download to make sure it's right for you. You might want to check out what the app does with your data and their privacy policies when making a decision.

Most smartphones have inbuilt wellbeing tools so take a look and try these tips for better study and sleep:

- ✓ Turn off app notifications
- ✓ Turn on 'airplane mode'
- ✓ Set a sleep schedule and use a blue light filter in the evening
- ✓ Switch your phone's colour palette to 'grey-scale' to make it less interesting

It's also a good idea to get your mates on board with your digital balance. Have an agreement that you won't contact each other in study times or late at night.



What to do if you need more help?

If you ever feel anxious, angry or sad about the time you spend online, you should let someone you trust know what's going on.

- a friend
- a parent
- a teacher
- a trusted adult
- Kids Helpline

About Optus Digital Thumbprint

Optus Digital Thumbprint supports digital safety and wellbeing for young people and families. Find out more at www.digitalthumbprint.com.au

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