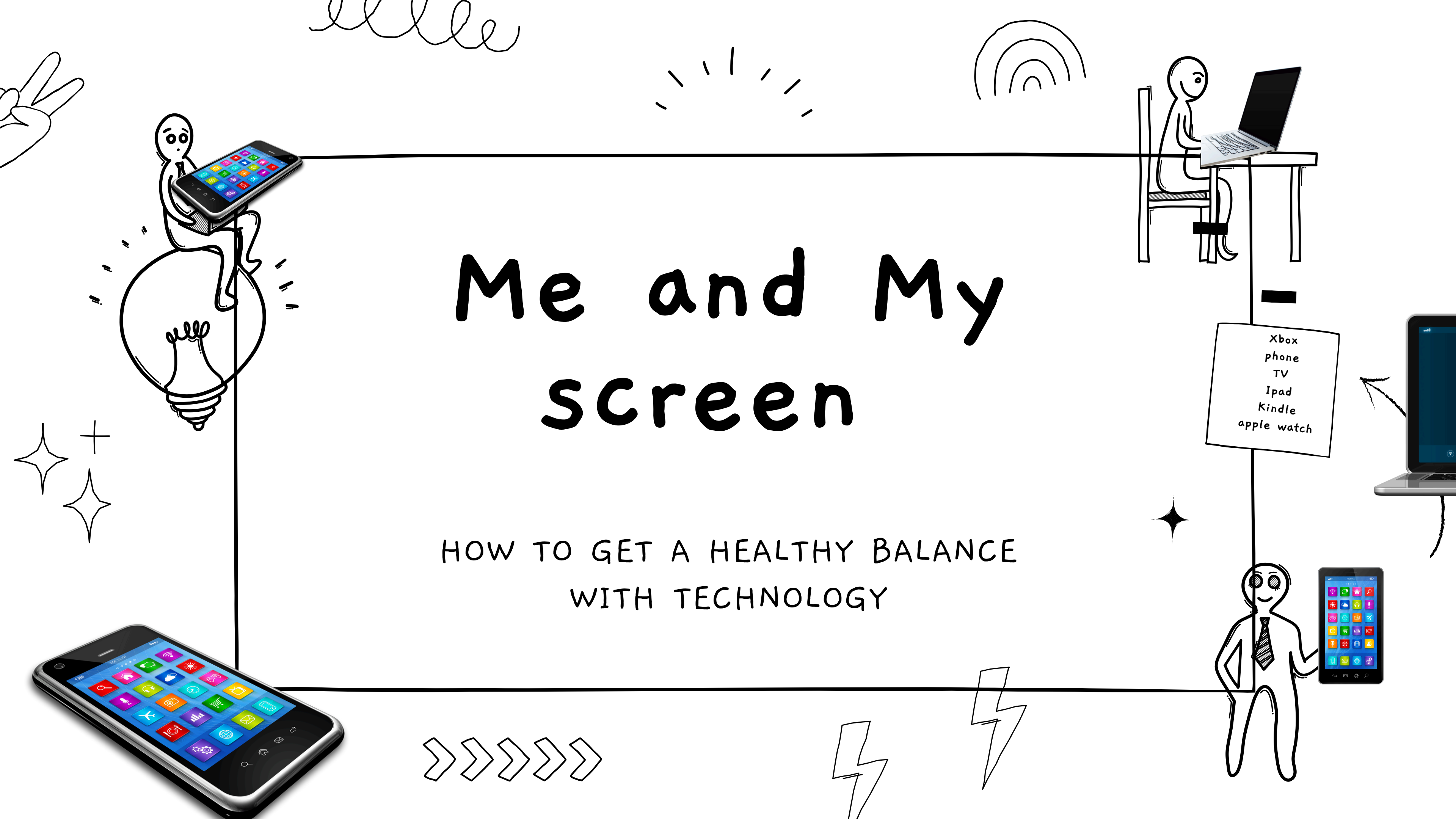
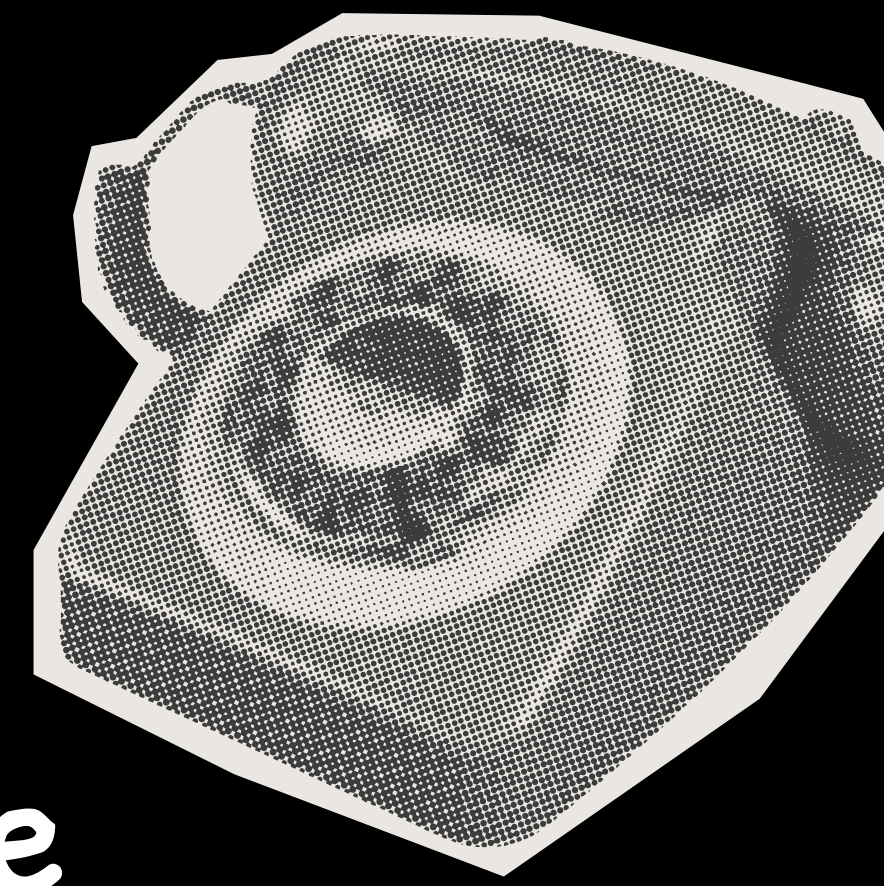
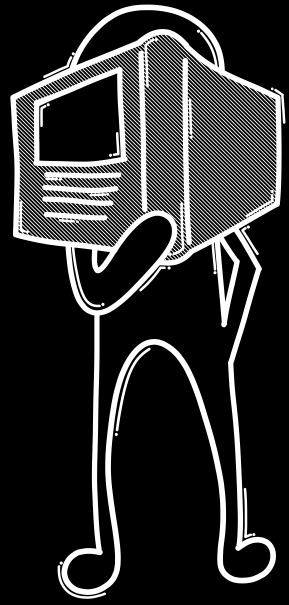


Me and My screen

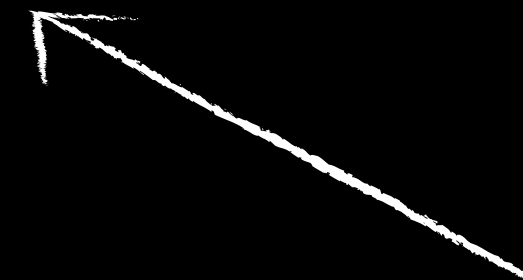
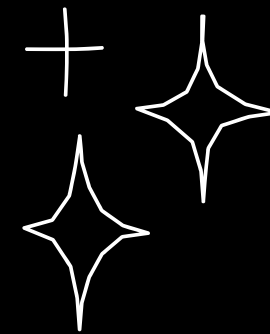
HOW TO GET A HEALTHY BALANCE WITH TECHNOLOGY



- Xbox
- phone
- TV
- Ipad
- Kindle
- apple watch



What did people do before
the internet?



sky one

THE

RUSSELL

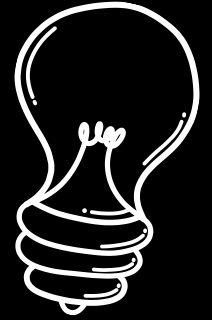
HO

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THE
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HOW

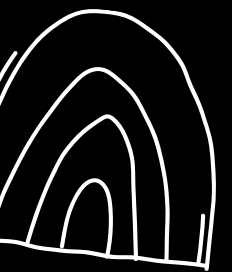
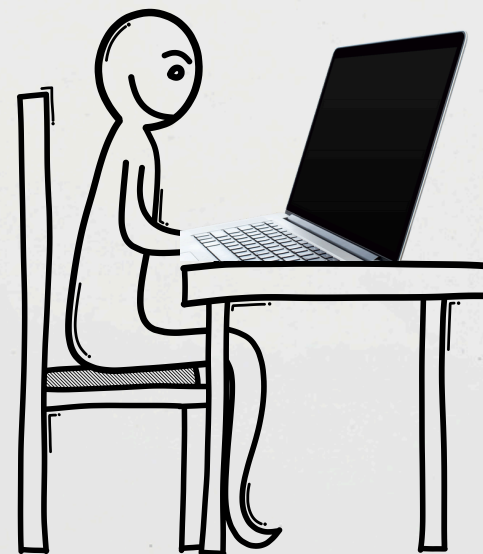
What are the advantages and disadvantages of the internet?



Write down as many advantages as you can think of.

Write down as many disadvantages you can think of.

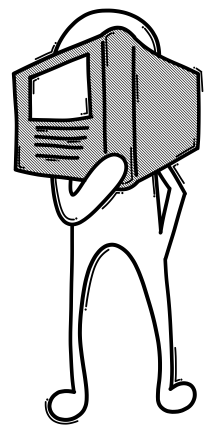
What about AI and deep fake?



What are the advantages and disadvantages of the internet?

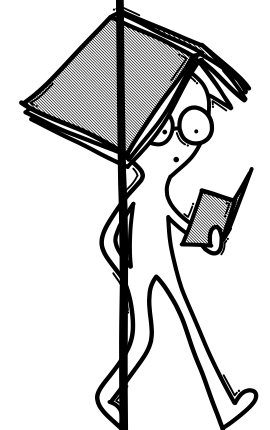
ADVANTAGES

Information
Gaming
Connecting with people
FaceTime
Shopping
Google maps
Bus passes
Social Media
Education
School work

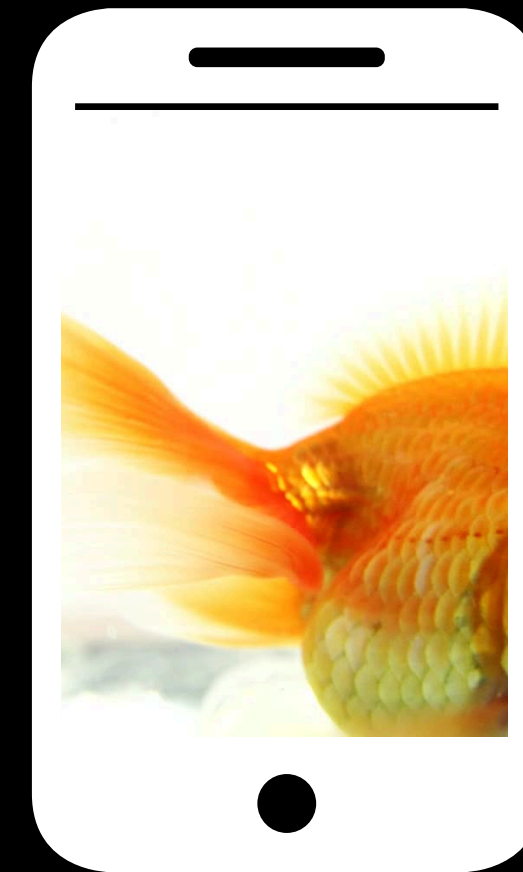
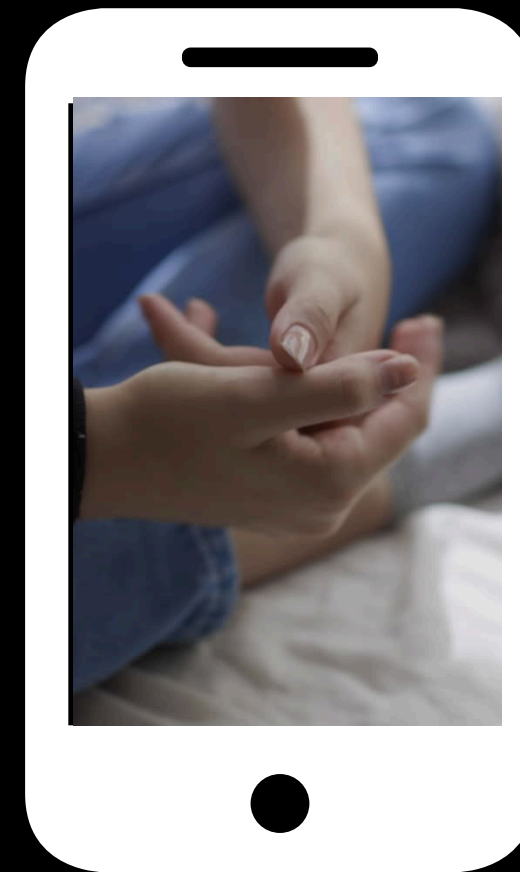
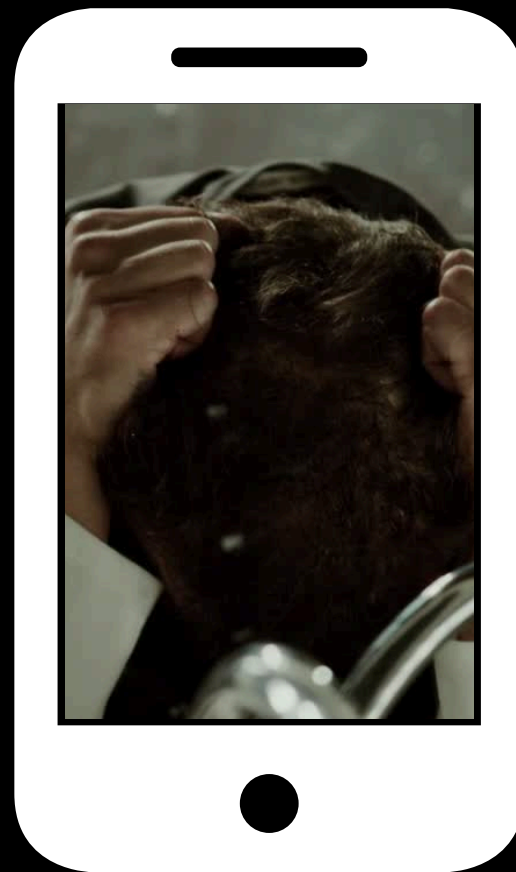
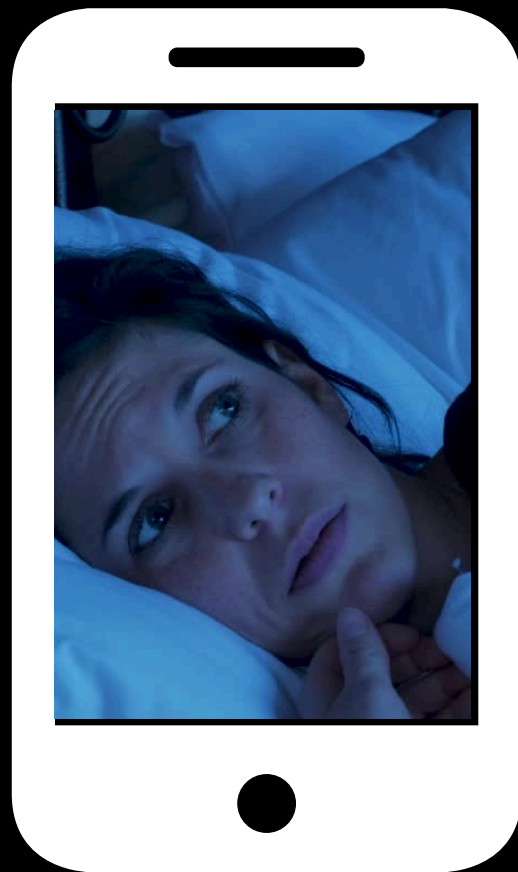


DISADVANTAGES

Cyberbullying
Addiction / hard to stop
Sleep
Strangers contacting you
Not going outside enough
Spending money
Advertising
Mental health issues
Comparing with others
Arguing with your family
Being hacked



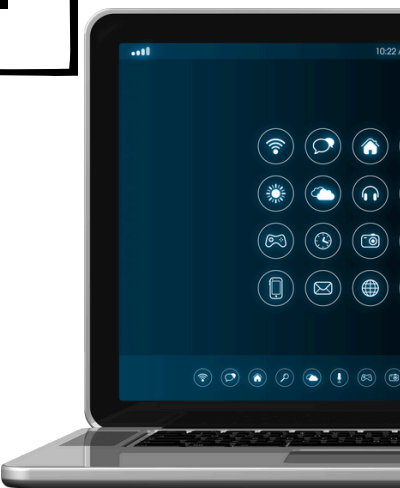
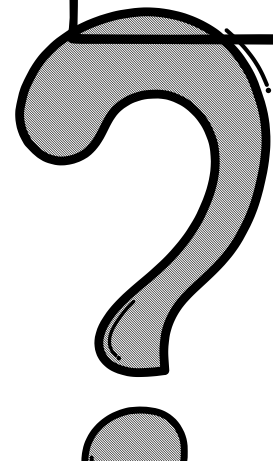
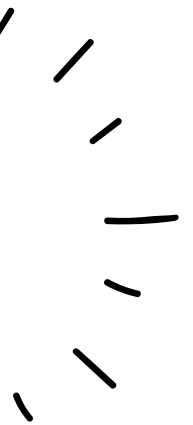
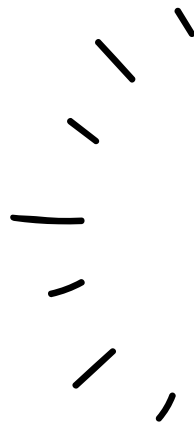
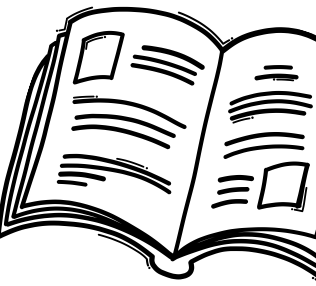
What are some of the mental health problems associated with spending too much time on tech?



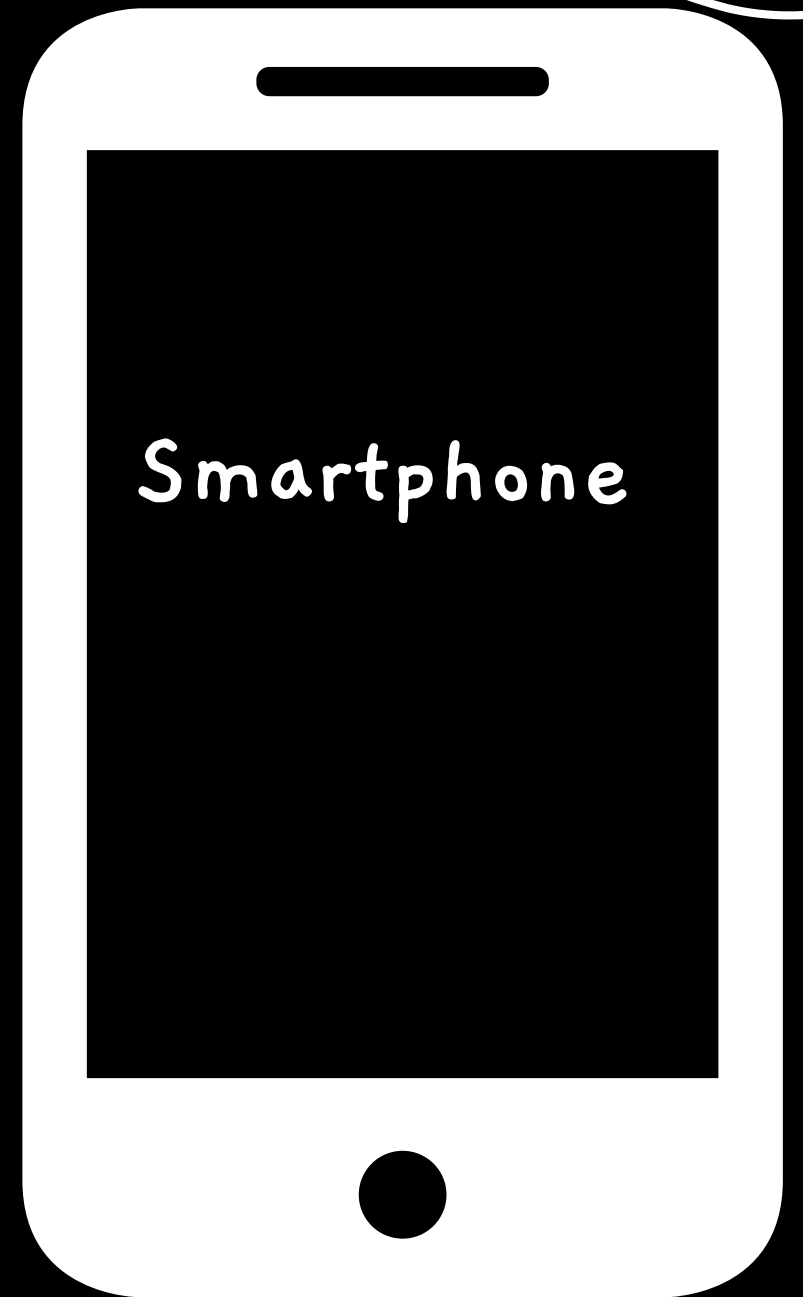
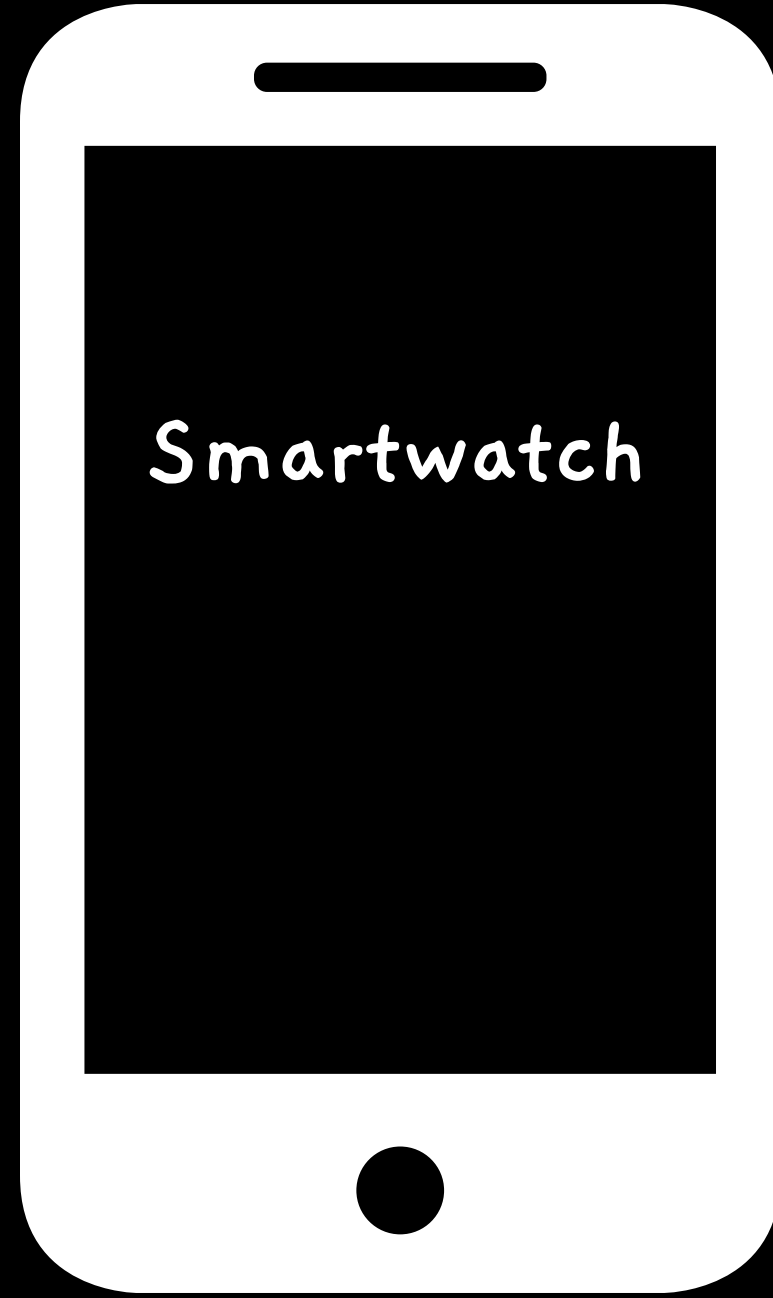
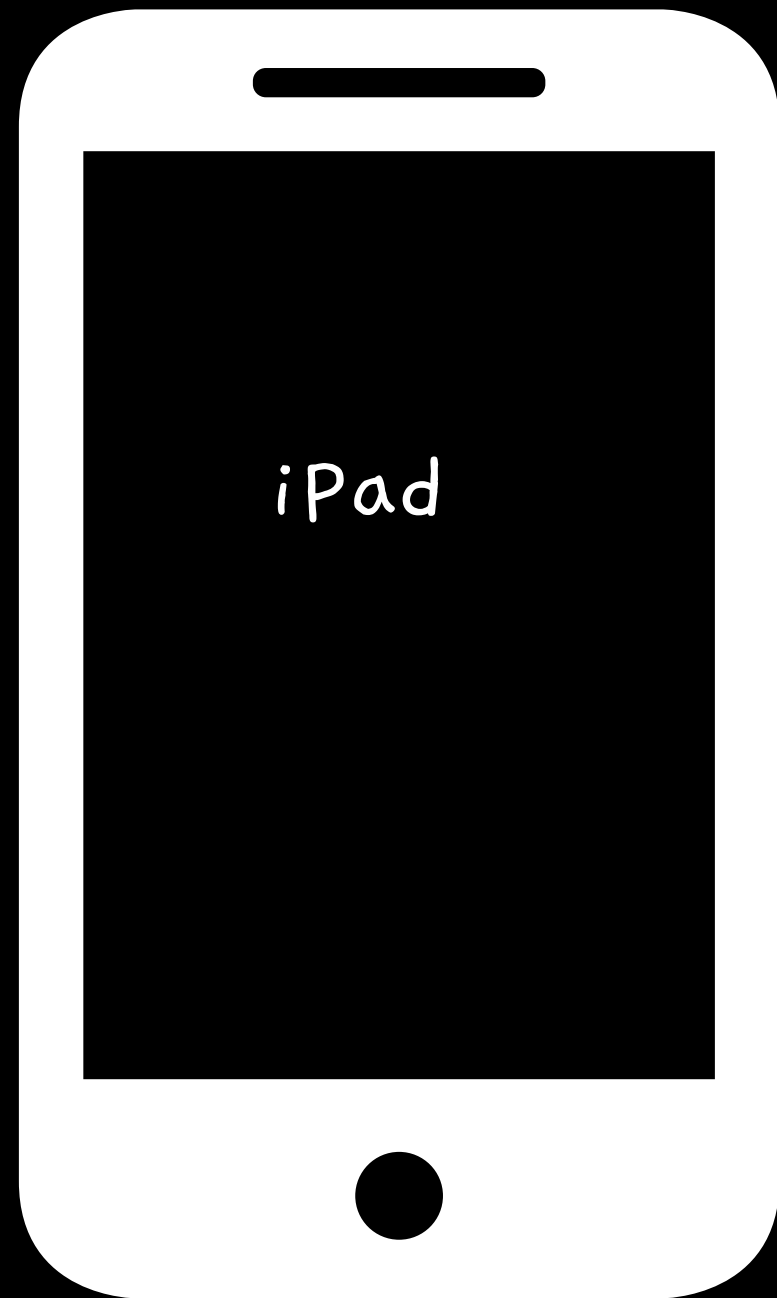
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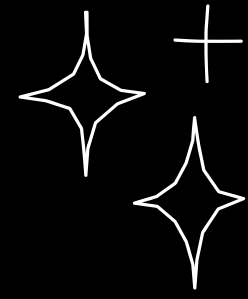


THE INTERNET HANGS IN THE BALANCE.
DOES IT DO MORE HARM OR GOOD?



What technology do you have?





What about social media?

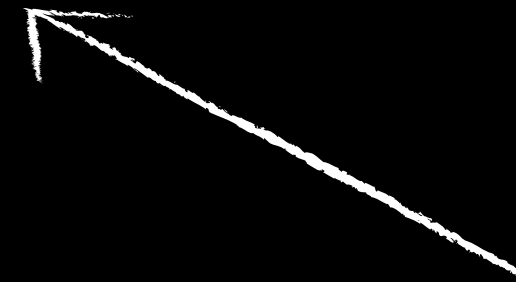
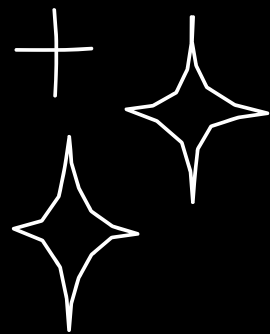




eeee



How much time does
the average UK 12
year old spend online?





3hr 48 mins a day
57 days a year
11 years from 10-80

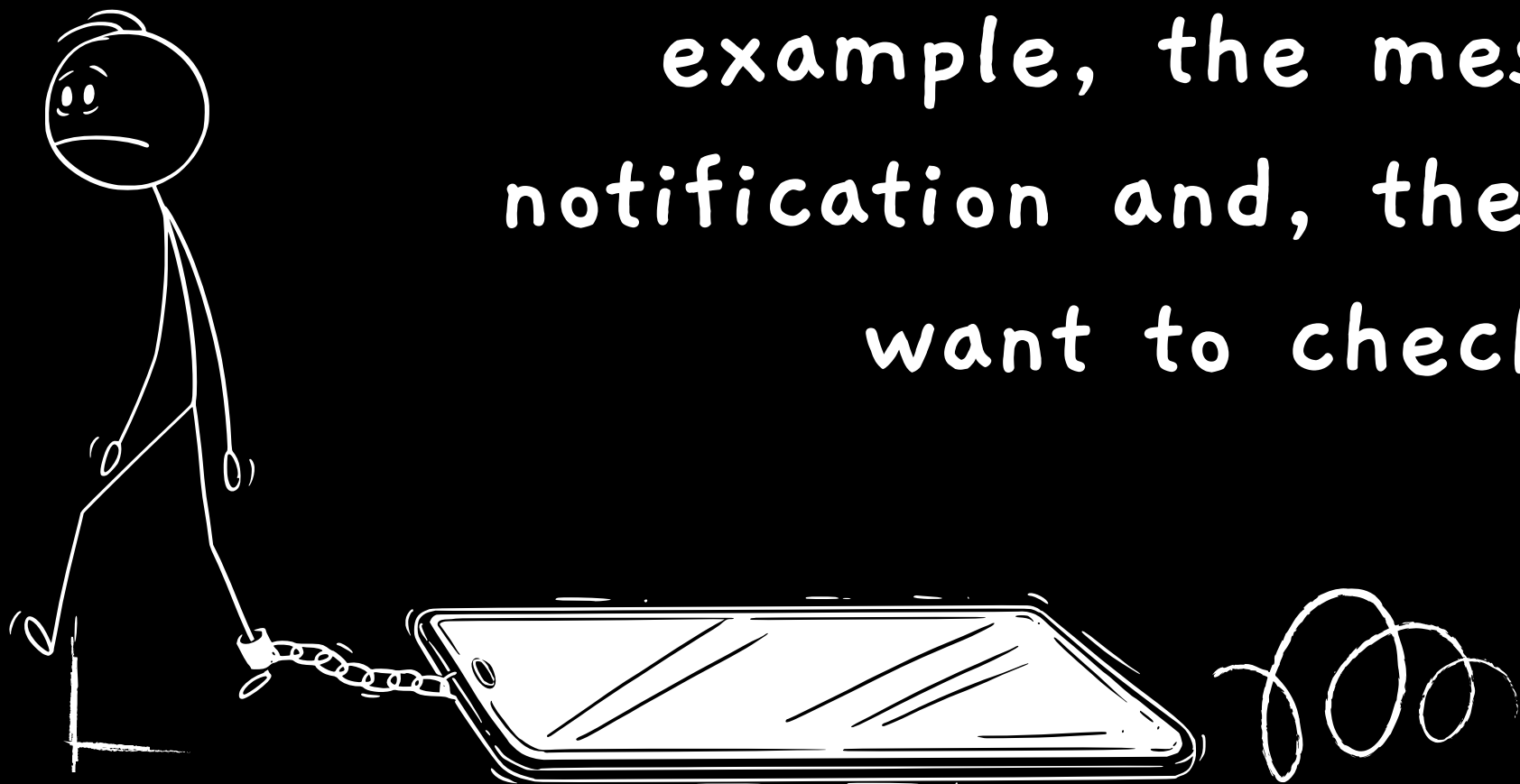


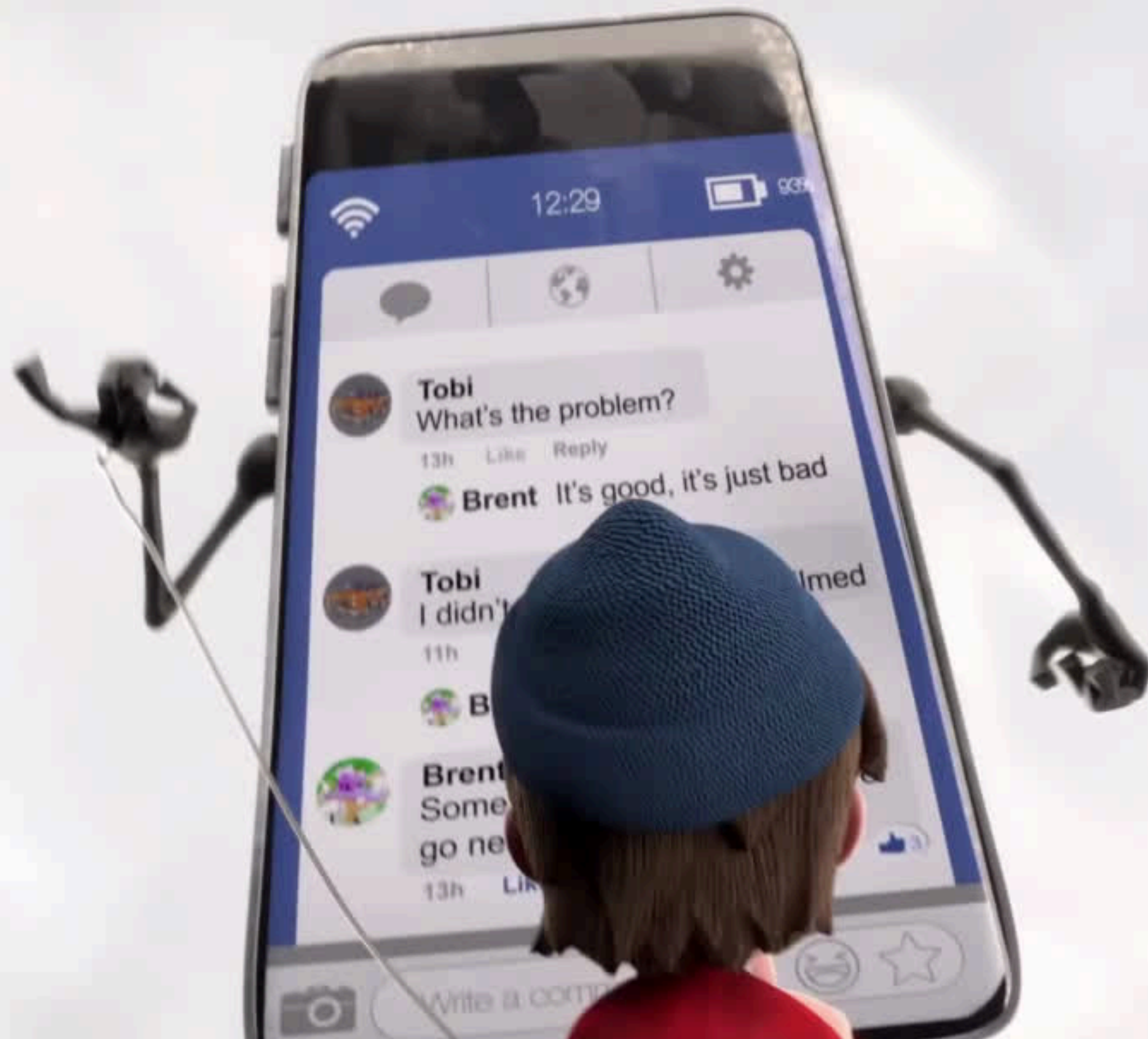
✦ ✦ ✦
1 hr a day = 2.9 years
2 hrs a day = 5.8 years
3 hrs = 8.7 years
4 hrs = 11.6 years
6 hrs = 17.4 years
8 hrs = 23.2 years

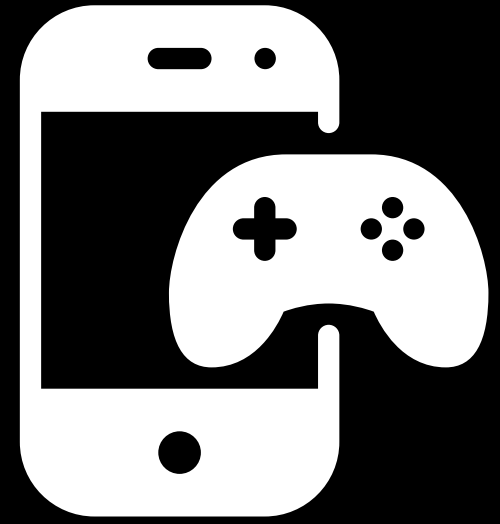
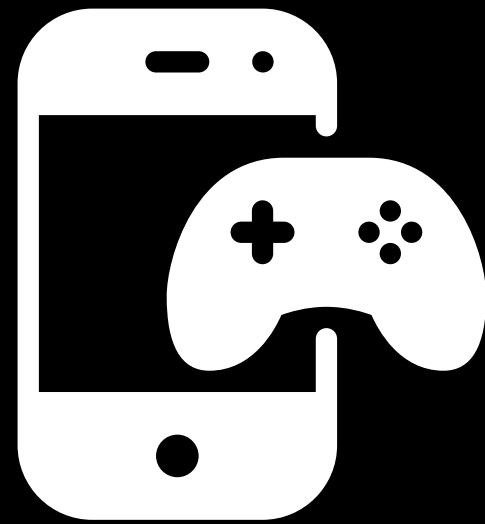
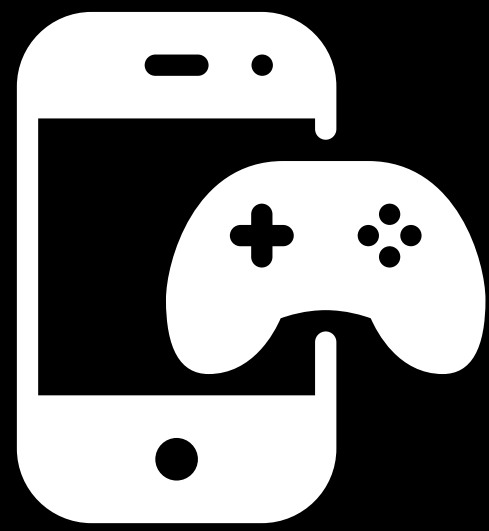


What is persuasive design?

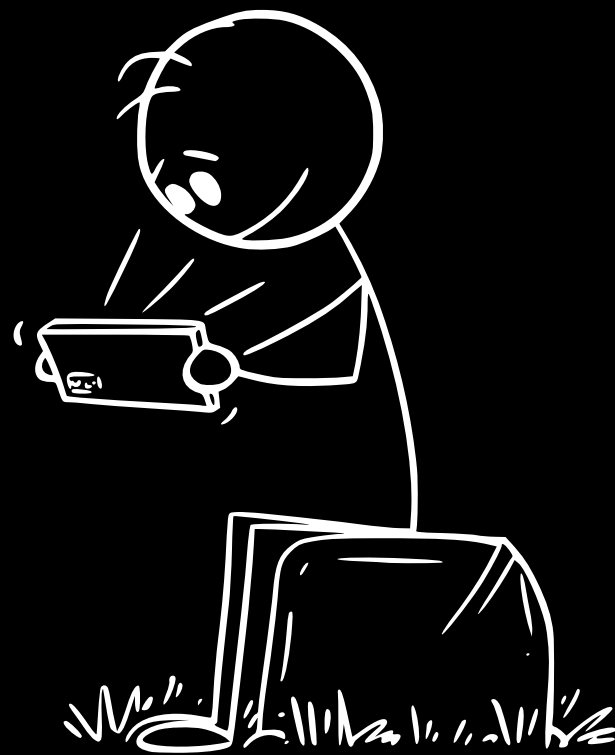
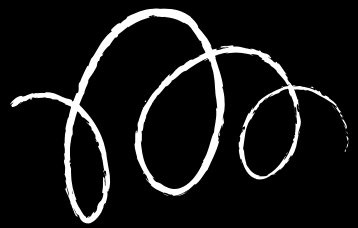
Persuasive design is used by tech companies to keep us addicted to our phones. For example, the messages, the likes, the notification and, the flashing light makes us want to check in all the time.

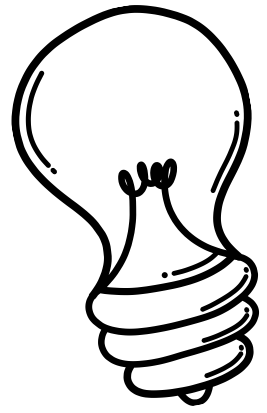






What is dopamine and why does it matter?





Top tips for a healthy balance

1

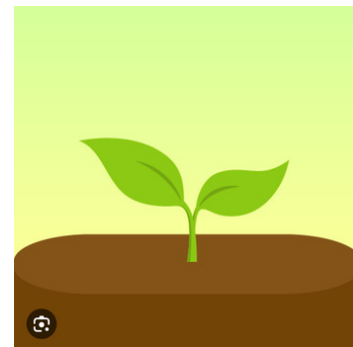
Turn off notifications, keep it out of sight, have a flip cover, delete apps.

2

Set yourself time limits/ use screentime.

3

Try the Forest App.

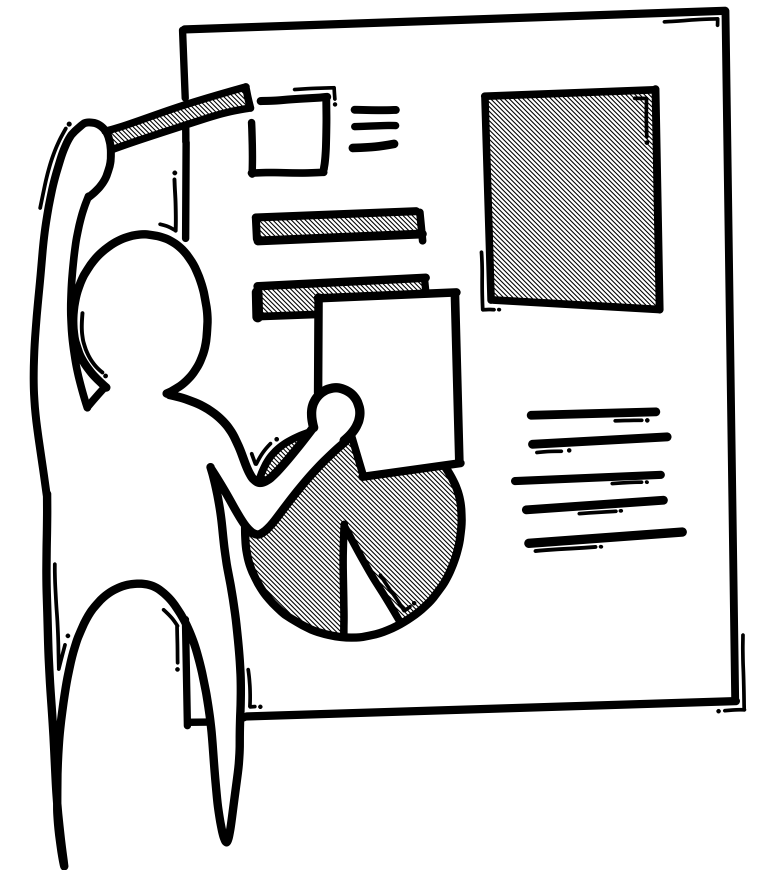


4

Don't have devices in your bedroom at night.

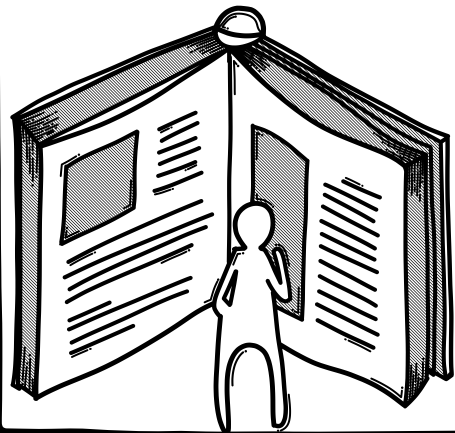
5

Do more things that help your forget about your phone.

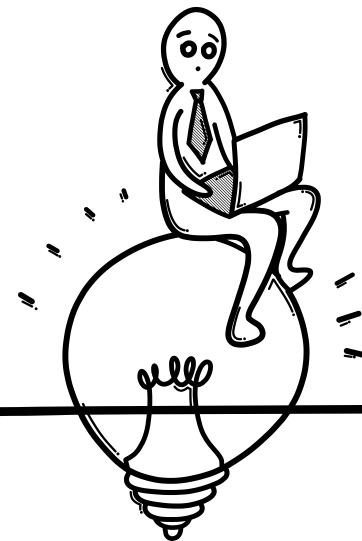


Can you think of 3 things you could try to get a healthy balance with technology. 

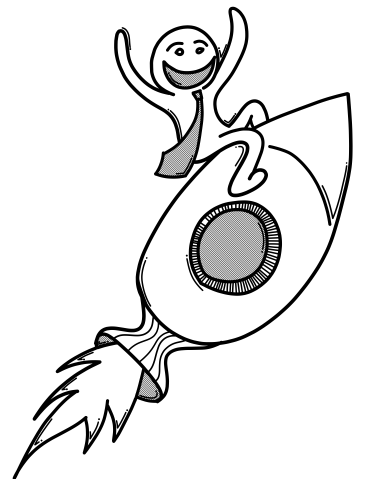
I could try.....



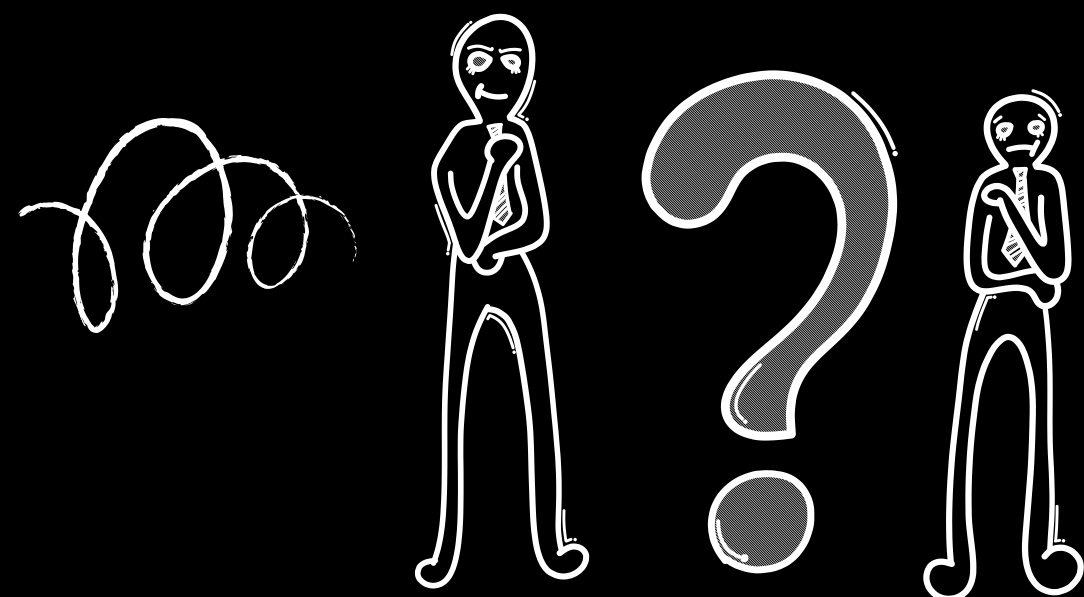
I could try.....



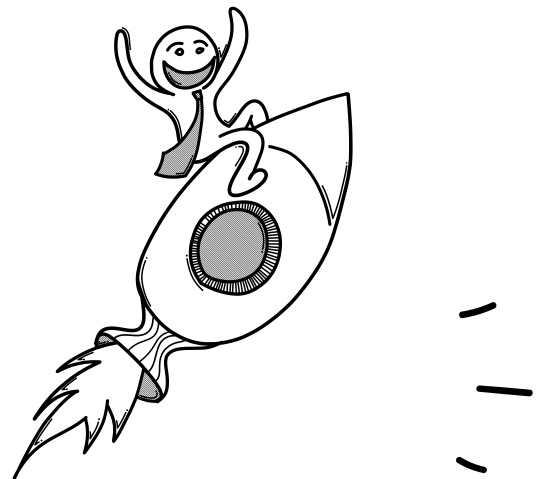
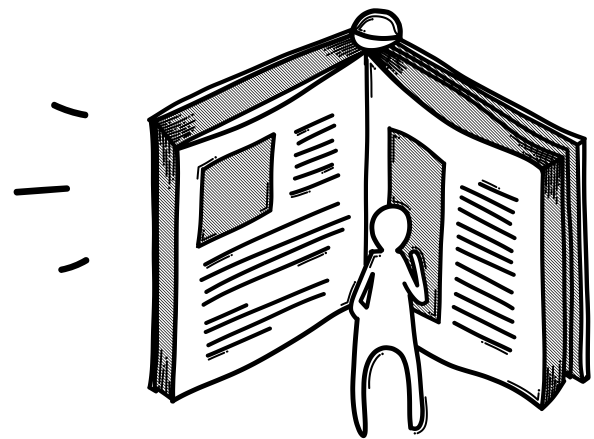
I could try.....



What is cyberbullying and why does it matter?



What do children need to grow
(physically and emotionally)?



How could time on screens impact this?





The end.

Have a
good day!

