

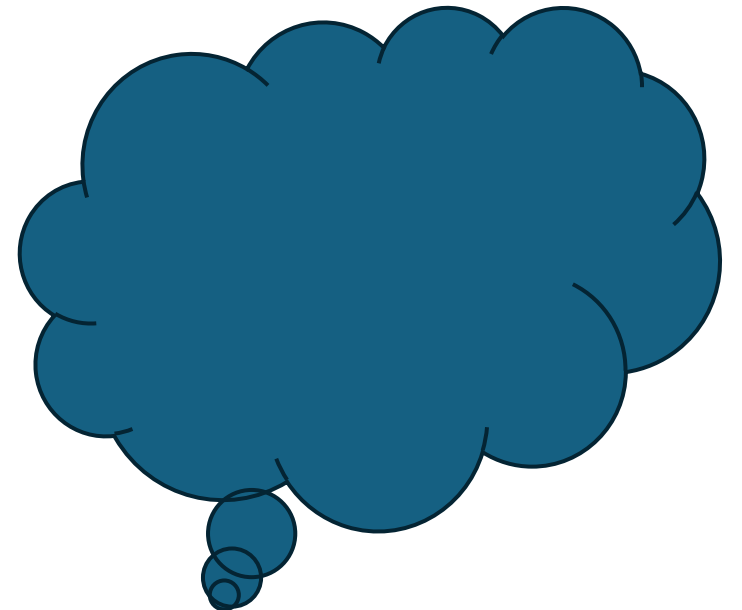


The Screen Cycle

How could you break the cycle?

- Outdoor play
- Creative projects
- Slow, engaging activities
- Music
- Cooking
- Puzzles

What is the problem with too much screen time?



Lack of sleep

Lack of exercise,
bad for physical
health

Bad for our mood
& mental health

**Too much
screen time**

Less time really
'connecting' with
friends

Addictive

End up watching
inappropriate content or
misleading information

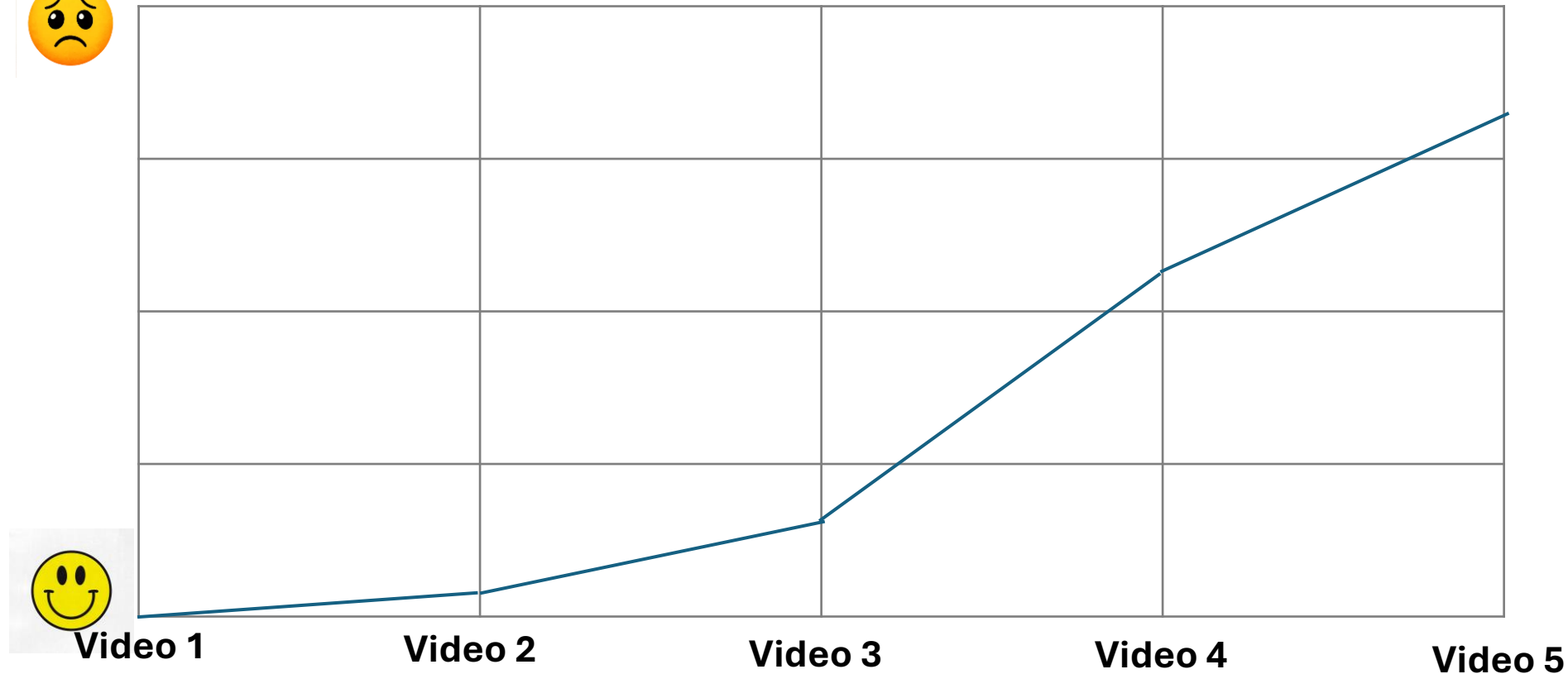
End up watching inappropriate content or misleading information.



Inappropriate, strange,
irrelevant, not what we
want



What we searched for,
appropriate, fun, safe



We assume that we are in control of what we watch, when actually this is not true. The more we watch things like YouTube, the more we are suggested and encouraged to watch things that we may not have had any plan to watch in the first place. Some of this can end up being a bit strange, inappropriate and even upsetting.