





















Healthy Screen Use Guide

Area of Impact	Behaviours to look at
Usage	<ul style="list-style-type: none">  Amount of time per session  Adhering to time limits  Quality of screen time content  Who screen time is spent with
Physical	<ul style="list-style-type: none">  Sleep patterns & daytime fatigue  Diet - weight fluctuation  Physical activity  Hygiene
Social	<ul style="list-style-type: none">  Engagement in social activities  Where connections are made  Activities when with friends  Contributions to self worth
Emotional	<ul style="list-style-type: none">  Feeling that mood is stable  Feeling supported or alone  Feelings of depression/anxiety  Level of concentration
Behavioural	<ul style="list-style-type: none">  Acceptance of usual expectations  Academic & work performance  State of mental health  Response to screen removal