Be Screen...

S SET YOUR GOAL

T TURN OFF DISTRACTIONS

A ALWAYS THINK & CHECK WHAT YOU FIND

R REST YOUR EYES AND BODY

S SPEAK UP TO A TRUSTED ADULT



NSW GOVERNMENT

Best Practice in Screen Use for Education

PROUDLY FUNDED BY THE NSW GOVERNMENT

For more information and best practice toolkit for parents, teachers and school leaders, visit **screensineducation.org**