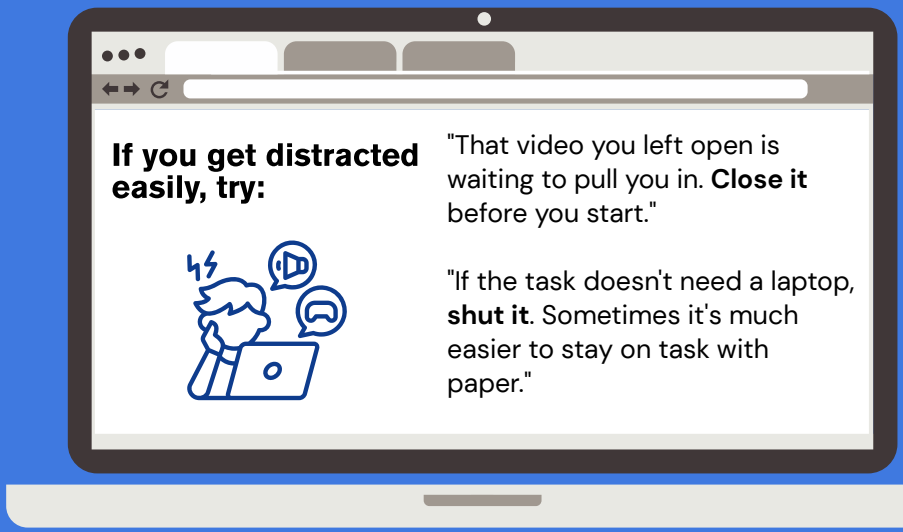
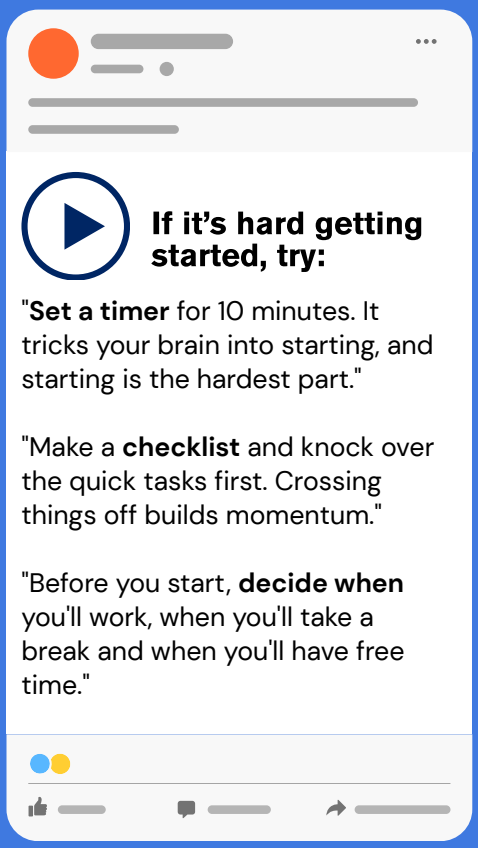
Take of Your Digital Learning



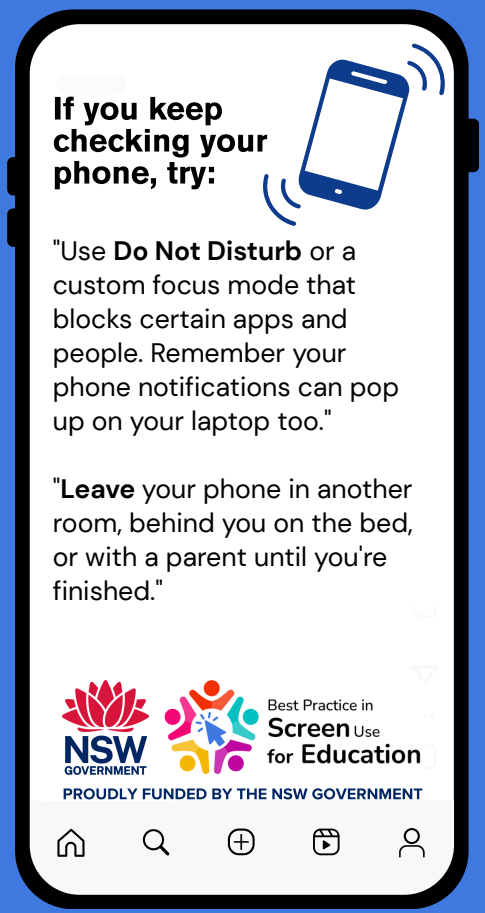
High school often means lots of **screen use** for school, homework, and friends. Technology can help you learn, but it can also be a distraction, like when you're still on your phone at bedtime. The goal is not to avoid technology altogether but to **notice** when it **helps** and when it **gets in the way**.

Here's what high school students say actually works to keep them focused:





Which tip works for YOU?



NOTICE HOW SCREENS ARE AFFECTING YOU

- **Endless scrolling and free game rewards** can make some apps very hard to put down. Notice how they leave you feeling, whether that's pressure from friends to keep playing or comparing yourself to people online.
- **Don't believe everything you see**. TikTok videos contradict each other, anyone can edit Wikipedia, AI gets answers wrong and AI videos can look completely real. Check the source.
- **If you use AI for schoolwork**, use it to help you understand things rather than do the work for you. Check what it tells you, and be honest with your teachers about how you used it.