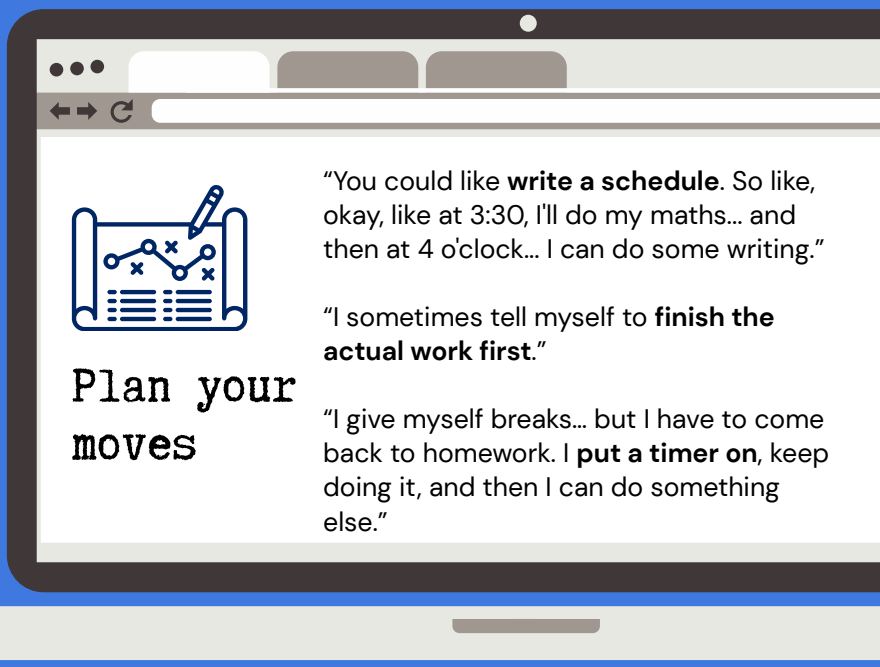
Take of Your Digital Learning



As you move through primary school you might be spending more time on **screens** for school, homework, and friends. Technology helps you **learn**, but it can also **get you distracted**. The goal is not to avoid technology but to **notice** when it **helps** and when it **gets in the way**.

Here are some tips from primary students...

This is my tip... **don't even get started on playing games during class**... it's just addicting and you just shouldn't, like, it's... one thing to do it at home, but then once you get into this whole tangled world of extensions and like other games, it's not helpful. It just makes you want to keep playing them and just seeing it, I don't think it's helpful.



Plan your moves

"You could like **write a schedule**. So like, okay, like at 3:30, I'll do my maths... and then at 4 o'clock... I can do some writing."

"I sometimes tell myself to **finish the actual work first**."

"I give myself breaks... but I have to come back to homework. I **put a timer on**, keep doing it, and then I can do something else."

Which tip works for YOU?

Notice, Pause, Choose

Think before you send. Photos and messages can be forwarded or seen by people you never intended to see them. If in doubt, don't send it.

Take it offline. If something online is bothering you, talk face-to-face with someone you trust.

Ask for backup. A friend nudging you or a parent checking in can be a useful way to stay focused.

Where to get help

- eSafety Kids — www.esafety.gov.au/kids
- Kids Helpline — 1800 55 1800 / www.kidshelpline.com.au (free, private, 24/7)
- Talk to your school counsellor, caregiver, your parent or a teacher you trust

Guard your focus

"On my iPad, there's a **focus mode**. I block out all the gaming apps, and that kind of helps."

"**Close all your tabs** except for the assignment that you need to be doing, and then just work on it until you're finished."

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