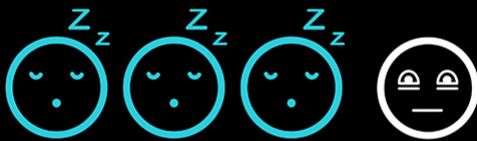


THE  
**RESILIENCE  
PROJECT**™

*Schools Newsletter*

SPOTLIGHT ON:  
**DEVICES & SLEEP**

THE STATS:



**1 in 4** Australian primary school students is losing sleep through worry.



**1 in 3** Australian secondary school students is losing sleep through worry.



**1 in 7** Australian primary school students use their phone between 10pm & 6am three or more times per week

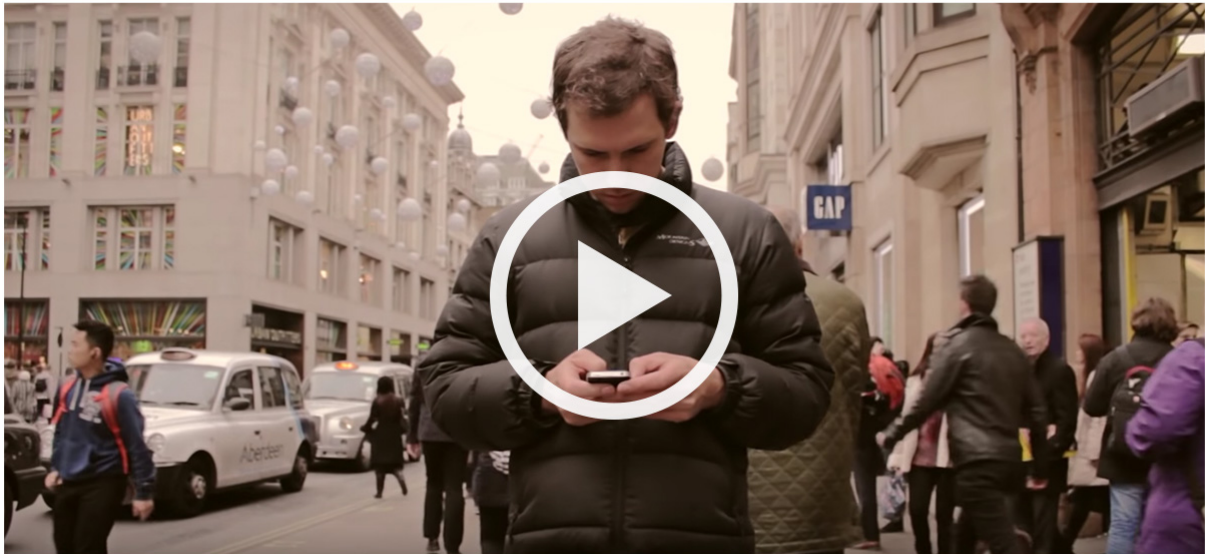


**1 in 3** Australian secondary school students use their phone between 10pm & 6am three or more times per week

# FOR STUDENTS

## **WATCH:** *Look Up*

A engaging clip demonstrating to students in particular all the things they may miss if they spend too much time looking down, on their device.



## **WATCH:** *What are you missing?*

In a hyperconnected world, where devices have become such a huge part of our lives, human interaction is sacrificed daily in favour of digital exchanges.



# FOR PARENTS

**READ:** *Are teens choosing screen time over sleep?*

[READ HERE](#) ▶

**READ:** *Reasons kids are bored, entitled & impatient*

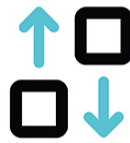
[READ HERE](#) ▶

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## WHAT CAN WE DO?



Kids should have  
**ALL notifications  
turned OFF**



**Rearrange the  
home screen**  
to remove social media  
apps from view



**Schedule time  
for phone use**  
instead of scheduling  
time off your phone

## SOME OTHER TOOLS FOR PARENTS:

1. Limit technology, and re-connect with your kids emotionally through play or other activities they are interested in.
  2. Role model the behaviour you would like to see.
  3. Limit your own time on your device to enable you to have special time with your kids that is not interrupted by a work email!
  4. Don't be afraid to set limits! Turning off the Wifi and leaving devices on the kitchen bench are great ways to help your child get quality sleep.
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