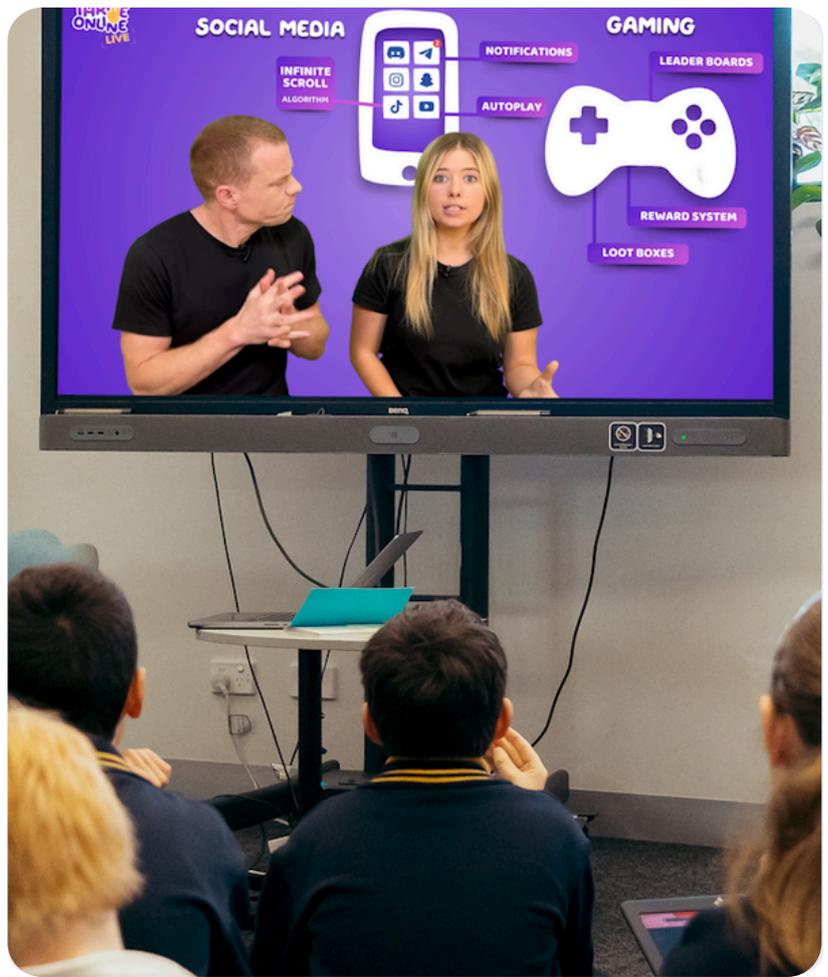


Here's what we covered:

- Apps and games use addictive features like infinite scroll, rewards, and streaks to keep us engaged and make it hard to switch off.
- When we recognise things we do online that make us feel uncomfortable, we can seek help and take charge of our tech habits by switching things up.
- Screen time isn't bad, but it's healthy to balance it with green time (things we do away from screens!). Green time can include things such as: sport, reading, craft, music, board games, dance etc.



Some conversation starters for home:

- What parts of being online make it hard for you to put down devices ?
- If all devices broke for the day, what would your go-to green time activity be?
- Can you think of a time when you or someone you know, felt uncomfortable online? What happened?
- Where can you go to for help if you are feeling uncomfortable online? (Trusted Adults, Kids Helpline, eSafety website)