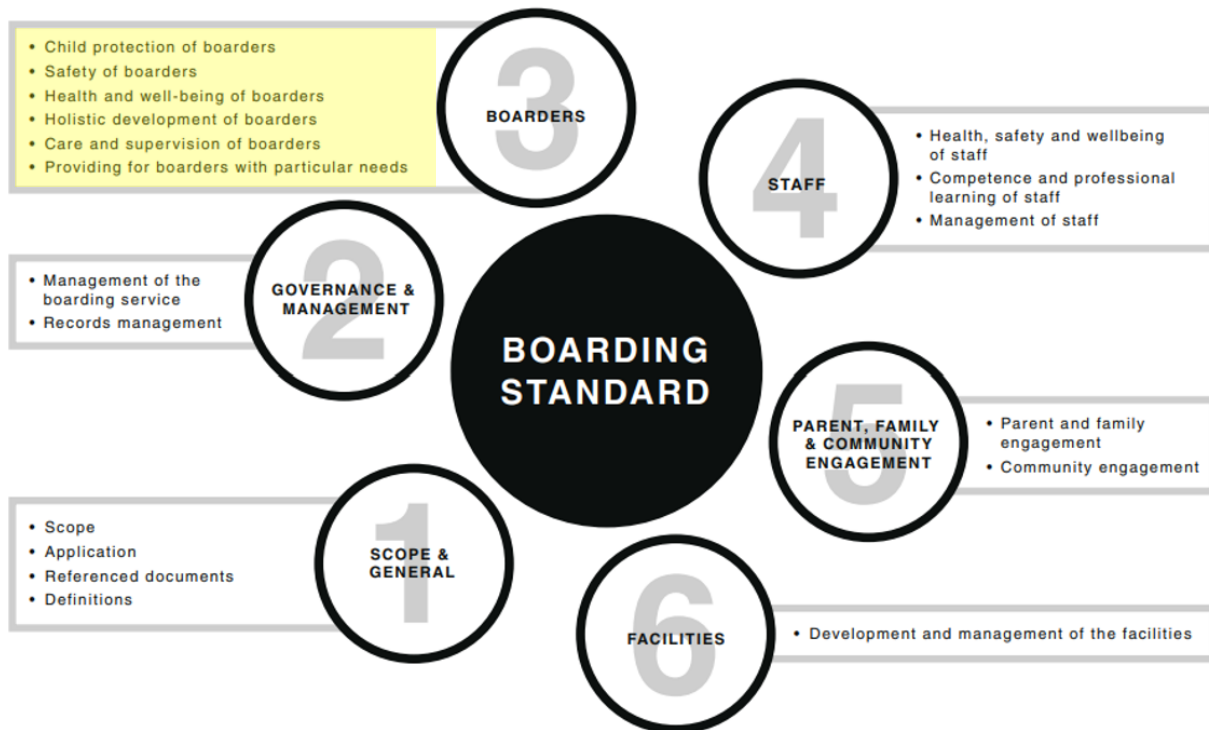


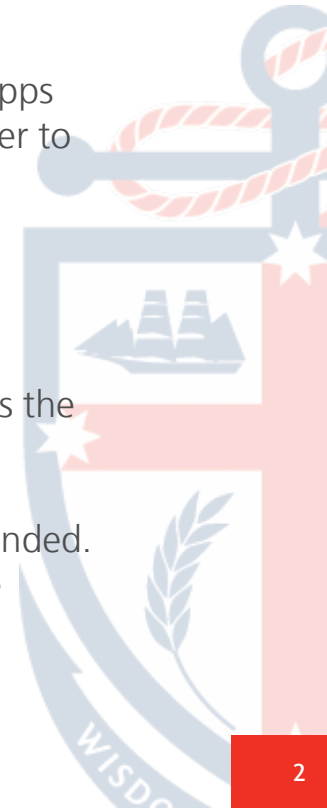
# Student Mobile Phone and Devices Availability



# Social Media and Well-being: What Students Want Adults to Know

## **White Paper:** The Social Institute

- On average, students spend 8.3 hours on social media every day.
- For Generation Z, and even Millennials, social media is simply just being social. These apps are an extension of their social world, and these same digital experiences have the power to amplify anxiety and social challenges but also spark curiosity, passion, and joy.
- No one receives a test before they get on social media.
- There is no obvious determining factor to decide if someone is “ready” to take on the emotional ups and downs of social media, the mindless (and often hilarious) distractions the internet provides.
- For years, social media has been a social-emotional scapegoat, but that might be unfounded. Like most things, there are pros and cons to social media, but which one outweighs the other?



# THE SOCIAL INSTITUTE


## EDUCATORS' ROLE IN EMPOWERING STUDENTS TO STRIKE A BALANCE WITH TECHNOLOGY

Technology and social media can fuel learning environments and academic success, but they can also distract students in the classroom or from their priorities. This Playbook examines students' relationships with devices and ways schools can help them **strike a balance** with technology to foster an engaging learning environment.

### MEDIA MULTITASKING IMPACTS STUDENTS' ACADEMIC PERFORMANCE

 **40%**  
YOUR **PRODUCTIVITY DROPS** BY AS MUCH AS 40% WHEN YOU ARE TRYING TO MULTI-TASK

Source: Harvard Business Review

 MEDIA MULTITASKING **DOESN'T ALWAYS HAVE A NEGATIVE EFFECT ON THE ACCURACY OF TASKS. IT DOES ALMOST ALWAYS INCREASE THE TIME IT TAKES TO COMPLETE A TASK.**

Source: Frontiers in Psychology


 MEDIA MULTITASKING CAN CAUSE STUDENTS TO TAKE **22-59% LONGER** ON READING TASKS

Source: Educational Technology Journal, SpringerOpen


### STUDENTS ARE STRUGGLING TO STRIKE A BALANCE

 **87%**  
OF STUDENTS SAY THAT BETTER **TIME MANAGEMENT AND ORGANIZATION SKILLS WOULD HELP THEM GET BETTER GRADES**

Source: eSchool News

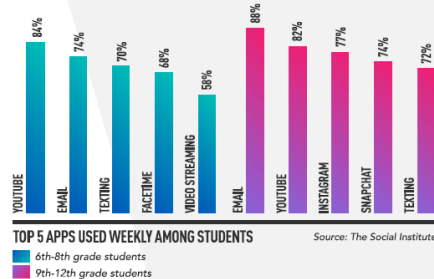
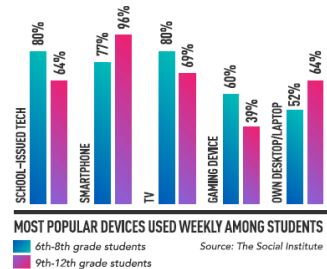
 ON AVERAGE, STUDENTS SPEND **8.3 HRS** OF SCREEN TIME EACH DAY FOR **ENTERTAINMENT**

Source: Common Sense Media

 **40%**  
OF STUDENTS REPORTED THEY WERE UNABLE TO GO **MORE THAN TEN MINUTES** WITHOUT CHECKING THEIR PHONE OR SOME OTHER DEVICE

Source: UCONN Today

### THE WAY STUDENTS SOCIALIZE DIFFER BY GRADE-LEVEL





# The Benefits of Sleep



**Decreases  
stress**



**Improves  
memory**



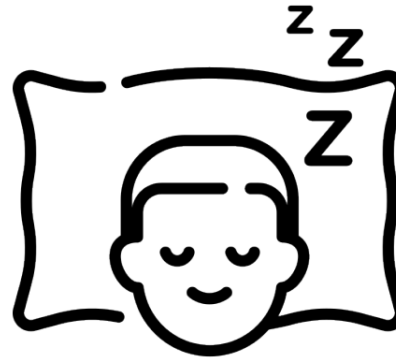
**Improves  
mental health**



**Enhances  
decisions**



**Improves sports  
performance**



**Increases  
energy**



**Repairs  
muscles**



**Enhances  
creativity**

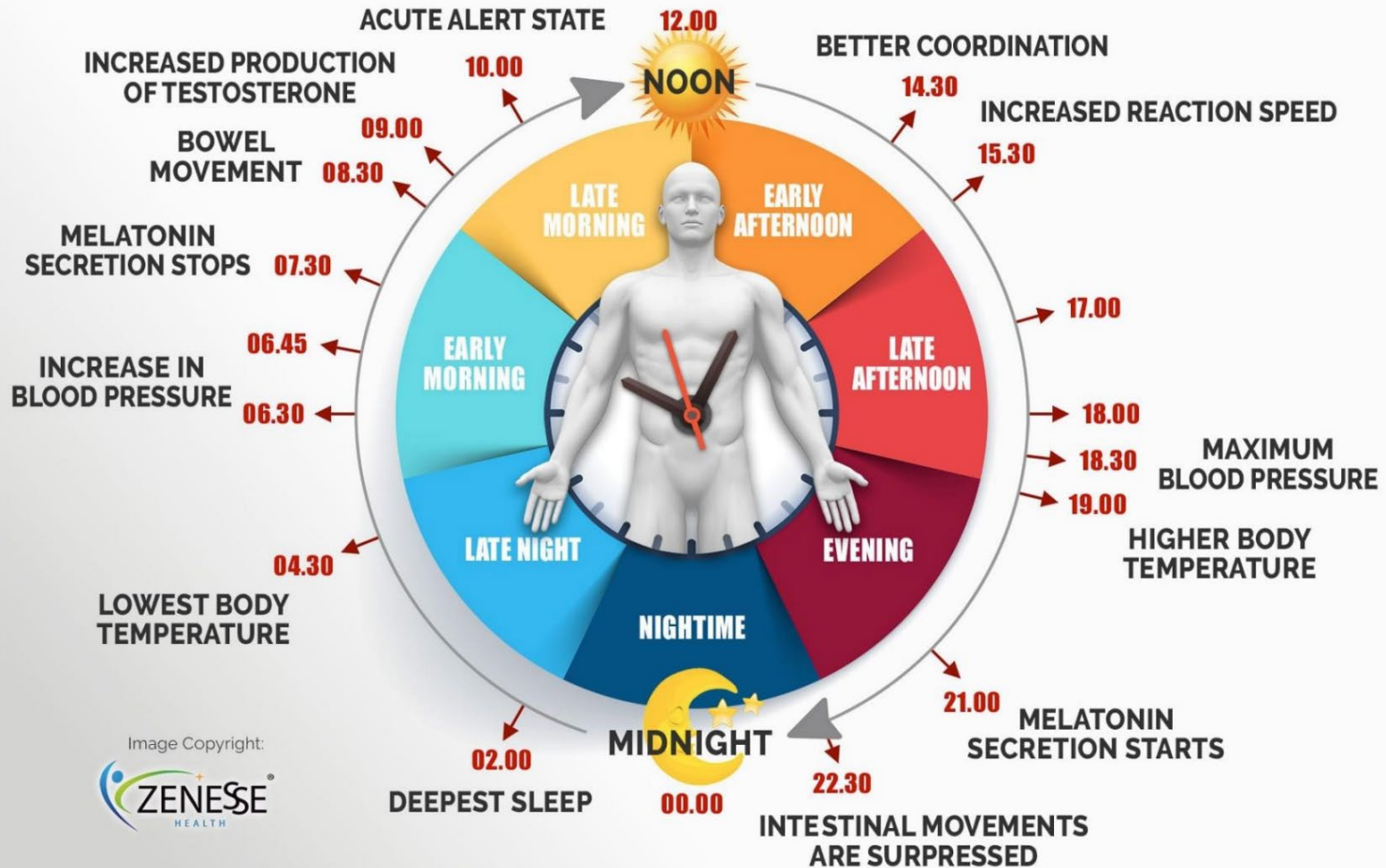


**Boosts  
brain power**



**Focusses  
attention**

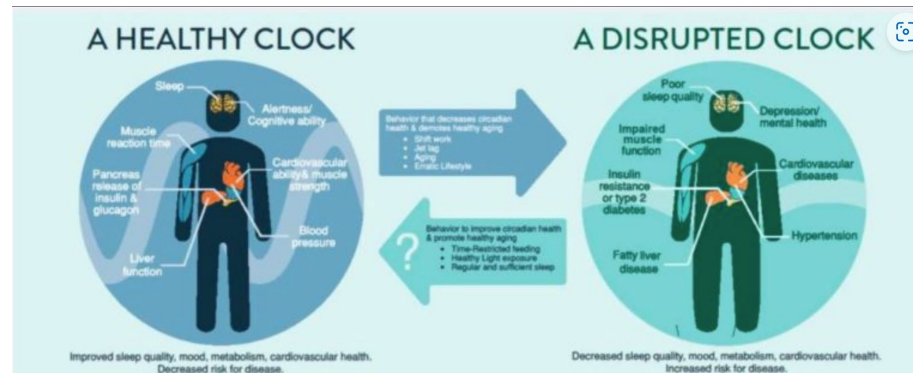
# THE CIRCADIAN CYCLE



# Disrupting the Circadian Cycle

What are the symptoms associated with a disrupted circadian rhythm?

- Disordered sleep – trouble falling asleep/staying asleep
- Daytime sleepiness
- Weight gain or trouble losing weight despite diet/exercise
- Difficulty concentrating
- Coordination problems
- Poor work or school performance
- Digestive problems
- Headaches



# Australian National Survey on Sleep

The Australia Talks National Survey 2021 has found millions of Australians aren't getting enough sleep — and an overwhelming majority believe technology is partly to blame.

Eighty-nine per cent of respondents said technology was having a negative effect on Australians when it comes to sleep.

If you're like many other Australians, there's a good chance you've recently found yourself scrolling through your phone while tucked up in bed at night. It's also probably the first thing you clapped eyes on today.

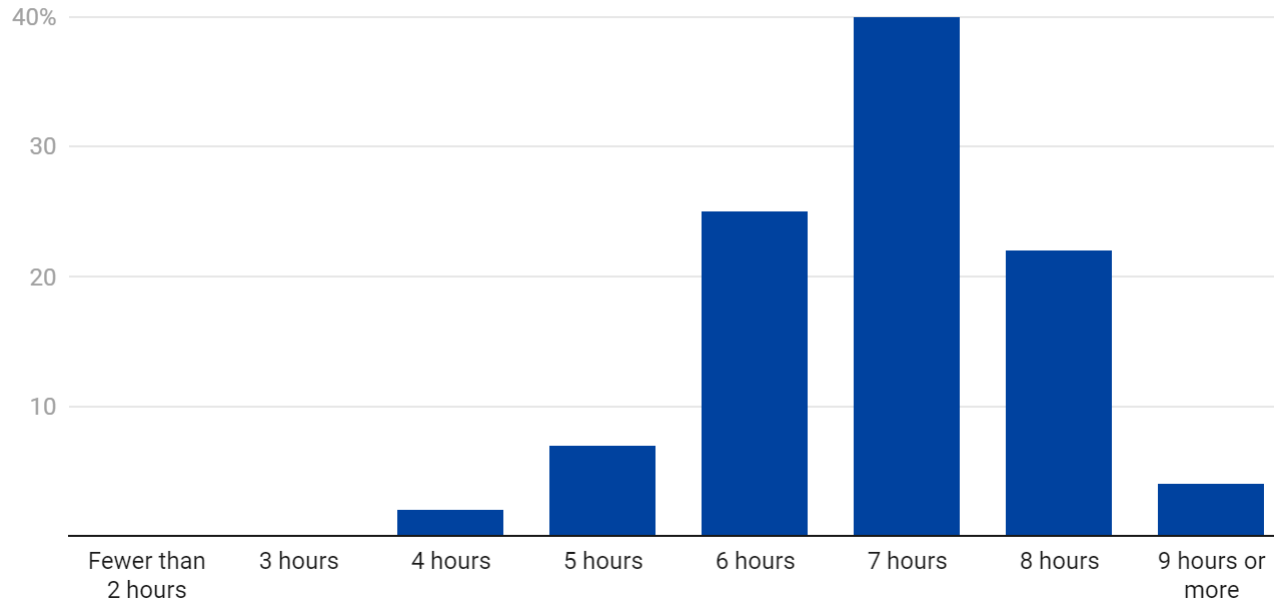
David Hillman, a professor at the Centre for Sleep Science at the University of Western Australia, agreed.

"People are on their phones in defiance of their sleep needs," he said.

[Millions of Australians aren't getting enough sleep — and they say phones are to blame - ABC News](#)



## On average, how many hours sleep do you get per day?



Source: ABC/Vox Pop Labs, Australia Talks National Survey 2021 [Get the data](#) Created with [Datawrapper](#)

South Australian sleep researcher Dr Sarah Blunden says the survey results paint a clear picture of national sleep deprivation — and a big cause of this is late-night phone use.

That so many people believed technology was eating into a good night's sleep was "really amazing", she said.



# The struggle to keep phones out of the bedroom

- Though Australians are saying their phone use is eating into their sleep-time, they're not giving up on late-night phone use.
- A 2018 study found more than a third of young Australians were losing sleep because they were [staying up late and scrolling](#) through their smartphones.
- Professor Hillman said both the stimulating content on the phones and the light from the screens themselves made it harder to achieve sleep.
- Dr Seton said surveys showed chronic sleep deprivation among 12 to 18-year-olds had doubled since 2005.
- He said 93 per cent of high school students were not getting adequate sleep



Thank you.

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