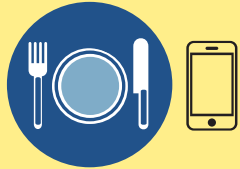


BEYOND The Screen

Technology is a part of everyday life. Here are some tips to help you to balance and manage your technology use in a healthy way.



Put your phone down while having meals



Charge your device away from where you sleep



'Unplug' when you need to concentrate on your studies



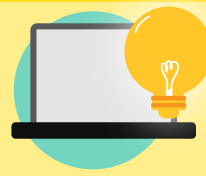
Make time to connect with your friends in person



Explore interests and hobbies that you can do without technology!



Get active and get outside



Use technology to create content instead of just consuming

It's not all about social media, go **'beyond the screen'** and explore ways of using technology to enhance your health and wellbeing.

Exercise -

Find an app that helps you stay active and link with friends!

Meditation/mindfulness -

Use your device to access guided mediation or mindfulness activities

Time Management -

Increase your productivity and boost your study skills by exploring apps around time management

Healthy Eating -

Explore apps that help you plan, cook and track healthy meal ideas

Get Creative -

Express yourself and create your own content using apps that let you show your creative side!

Links and Resources:

For ideas on how to get connected to your community, visit:
 Youth and Family Services | youth.greaterdandenong.com
 Headspace | headspace.org.au
 Noble Park Aquatic Centre & Oasis YMCA | ymca.org.au
 City of Greater Dandenong Libraries | greaterdandenonglibraries.com

Greater Dandenong Youth and Family Services
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