

Simple steps to having an awesome
digital life!

Educating & Protecting Young People by:



Online Vs Offline

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Getting the balance right

Just like all things in our life, we always need to get the balance right.

Whether it's eating fast food or working too hard, if we get the balance wrong, it's going to have a negative impact on our overall health and mindset.

It's exactly the same with your online and offline life balance.

Find out on the next page some tips to get the balance right.



Simple steps to having an awesome *digital life!*

Follow these 3 easy tips to get the right balance between your

Online Vs Offline life



1: *Manage your time*

Try to get the right online and offline balance by giving yourself screen-time chunks. Whether it's after school or over the weekend, decide suitable screen time chunks with your family and all stick to it. This will allow you all to still be motivated to enjoy your offline life.

2: *No digital sleepovers*

When it's time to get some Zzzzz's, don't invite your phone for a sleepover. Screens just before bed will prevent you getting good quality sleep and being switched on and focused the next day. You always going to be tempted to either check your notifications or watch just one more YouTube vid. Plus, if your friends all do the same, no ones going to expect a late reply on that group-chat.



3: *Get an offline hobby*

As much as you enjoy spending time in your online life, there's plenty of fun to be had offline as well. Find some offline things to keep you either active or entertained. This will not only work wonders for your physical and mental health, but also stop you getting bored when your offline. Get active, creative or learn a new skill and maintain a good online Vs offline balance.



Remember...

**There's lots of fun to be had offline
as well as online.**

You can enjoy both every day.

Get the balance right!



#StaySafeStayAwesome

www.thestaysafeinitiative.org.uk