

Understanding Screen Time



Not all screen time is the same. It may be helpful to think of it as passive vs active or consumption vs creation.

Consumption: Scrolling social media, binge-watching videos, or playing certain games.

Creation: Designing, researching, coding, composing, animating, and solving real-world challenges using technology.

Here are some ways to manage your screen time:

- Schedule downtime.
- Balance with non screen activities.
- Be mindful with screen time activities.



Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children to develop good online habits. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.



Internet Matters have created an infographic to show a balanced digital diet. This shows the different screen time activities and is a conversation starter about screen time.