

POSITIVE ONLINE HABITS

Let's learn about how to achieve digital wellness!

TIER
BASIC

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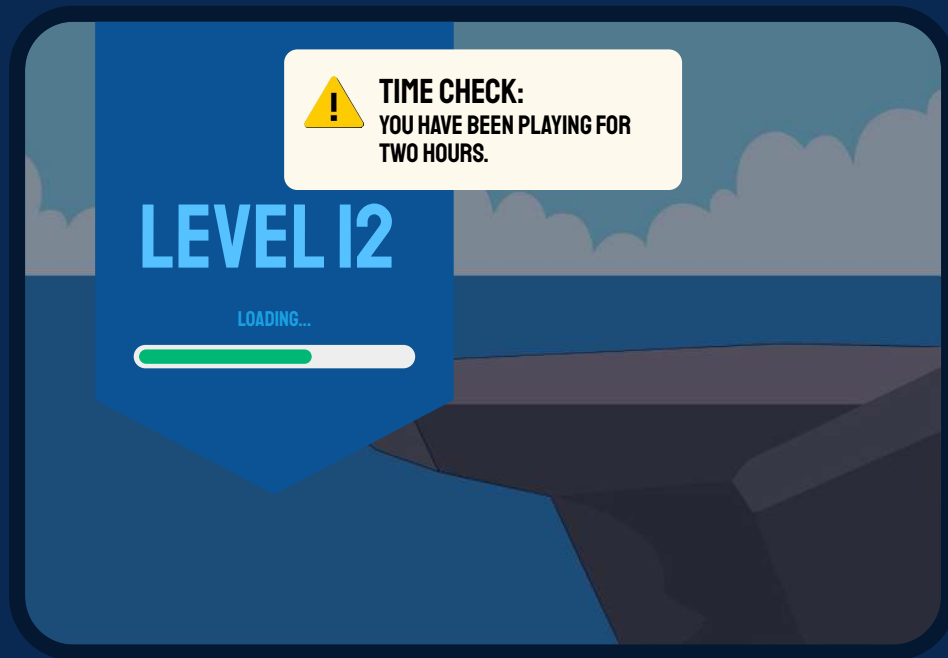
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You've hit a new level on the online game **Island Crossing**.

Just as you're about to move on to the next challenge, a notification pops up on your screen. It warns you that you have been playing the game continuously for two hours straight.

NEXT



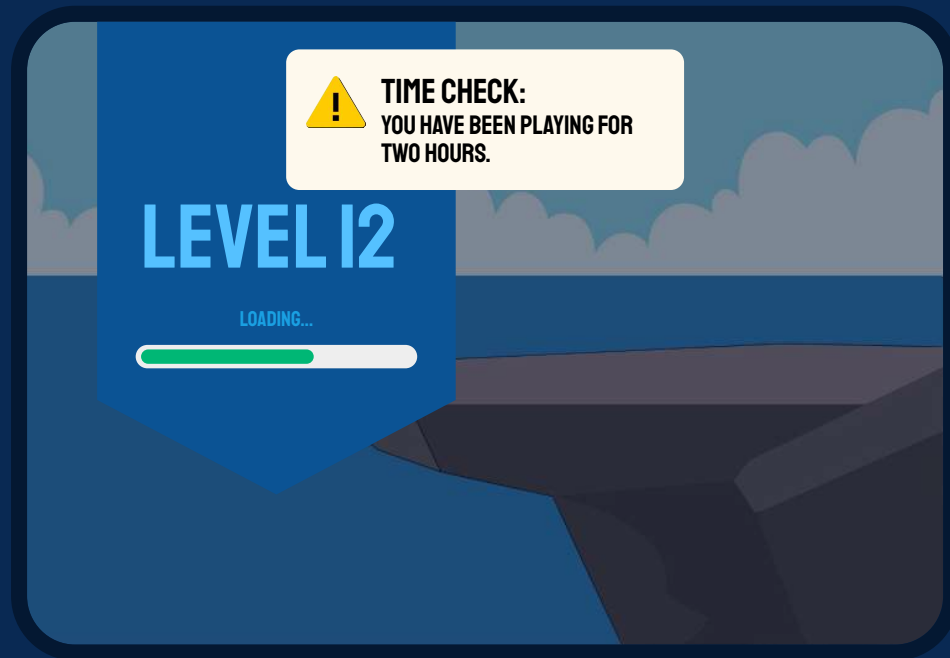


You remember that your mum has set a time limit on how long you can play Island Crossing, so that you have time for a break in between. You also have some school work to complete for the day.

Do you choose to continue playing or take a break?

**CONTINUE
PLAYING**

**TAKE A
BREAK**



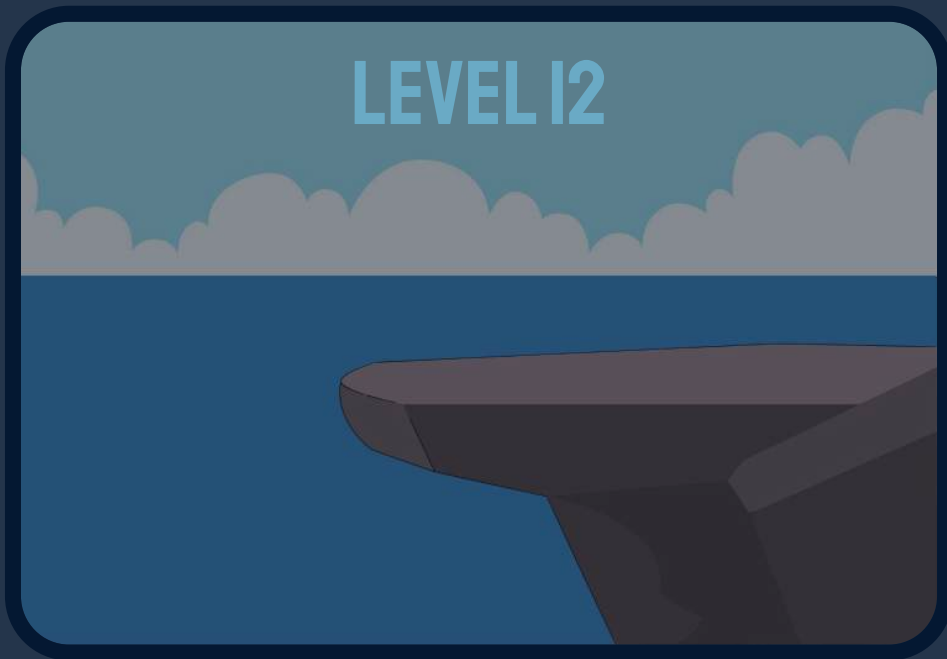



**YOU CHOSE TO
CONTINUE
PLAYING!**

You decide to stay up all night playing Island Crossing.

You feel tired when you head to school the next day and receive a warning from your teacher for not completing your school work on time.

NEXT





WHY IS THIS A BAD THING?

Spending too much time online can have harmful effects on your physical and mental well-being.

This can affect your behaviour in real life, and have a negative impact on your relationships with your family and friends.

[SEE OTHER OPTION](#) [NEXT](#)

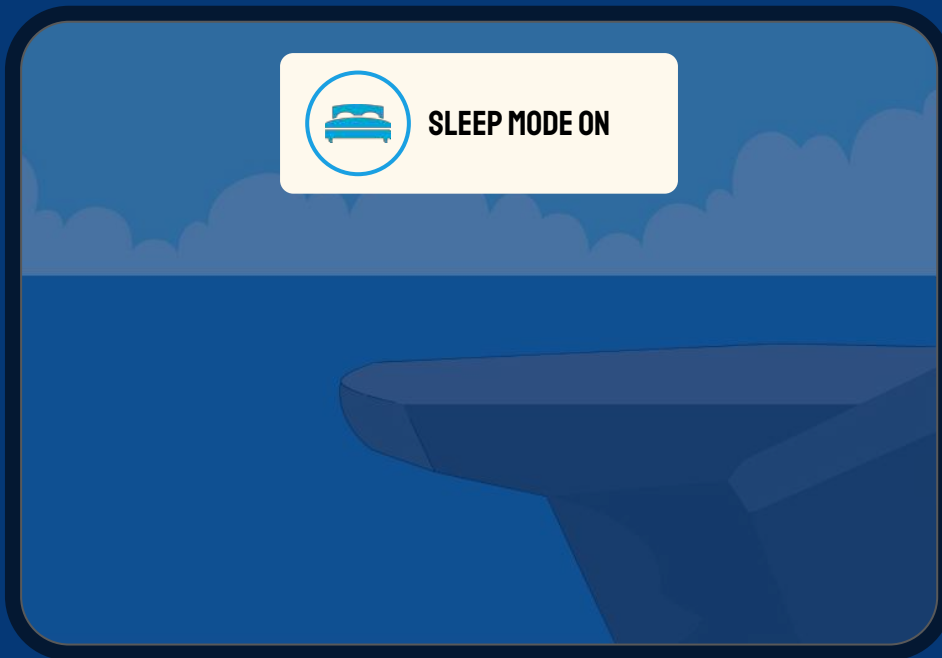



YOU CHOSE TO TAKE A BREAK!

You decide to stop playing so that you have time to complete your school work and rest.

You feel refreshed when you head to school the next day and receive a compliment from your teacher for completing your work on time.

NEXT





WHY IS THIS A GOOD CHOICE?

By choosing not to spend too much of your
time online, you make sure that you have
space for other areas of your life.

[SEE OTHER OPTION](#) [NEXT](#)

**HAVING A HEALTHY
RELATIONSHIP WITH THE
ONLINE WORLD IS IMPORTANT
FOR US TO ENSURE OUR
DIGITAL WELLNESS.**

NEXT



WHY IS DIGITAL WELLNESS IMPORTANT?



Spending too much time online playing games or reading negative news can affect us in ways that we might not even know. These unhealthy habits are what we call Internet overuse.

Internet overuse can lead to mental and physical problems (like lack of sleep or eye damage), and make it harder for us to get along with others.

Image: [Unsplash](#)

**WE CAN ACHIEVE DIGITAL
WELLNESS BY BUILDING
POSITIVE ONLINE HABITS.**

NEXT



WHAT ARE SOME POSITIVE ONLINE HABITS THAT WE CAN START WITH?

To build a healthy relationship with the online world, we can try implementing some of these tips:



Remember to take breaks from the online world by spending time on offline activities. You can talk to your friends and family, go for a walk outside, or read a book.



Seek help from a trusted adult when you come across content that upsets you. You can also speak to a close friend to help you process what you are feeling.



Do not engage with strangers online. Remember to always keep your personal information safe.



DO YOU REMEMBER T.H.I.N.K.?

Last but not least, we can always use the T.H.I.N.K. framework to help us decide if our actions are beneficial to us and others in the online world.

T
H
I
N
K

Is it **TRUE**?

Is it **HELPFUL**?

Is it **INSPIRING**?

Is it **NECESSARY**?

Is it **KIND**?



?

IT'S YOUR TURN



Image: [Pexels](#)

Watch this [video](#) on balancing online and offline activities.

After you're done, check out this [video](#) about pausing to think when spending time online.

- What are some positive online habits you can learn from these two videos?
- Name one good and bad online habit that you have. How will you fix the bad habit?



Do you remember what you learnt about evaluation?

Assess the information that you have and make an informed decision on what you will change.

