

Screen time

be SMART
ONLINE!

Marco & Lawrence



MARCO

When Marco gets home, he takes his time relaxing a bit **in front of TV**, while his mother prepares lunch. After eating with his mom, he quickly finishes **his homework** so that he can then rush off for his **basketball training session**. On weekends, when he has more time on his hands, he loves to play **Minecraft**, **riding his bike**, and **browsing the internet** to learn about new and different things.



LAWRENCE



As soon Lawrence gets back from school, he drops his bag by the door and rushes to switch on the **Playstation**. He spends a good eight hours playing on his **console**, neglecting his need to eat, and forgetting the need to go to the toilet just until he finishes his missions. He always says “soon” or “later” and by the time he realizes what time it is, he rushes to eat something quickly and jumps into bed. Even when he is in bed, he ends up **chatting** with friends from his **mobile** until very later hours into the night.

Alisia & Maria



Alisia

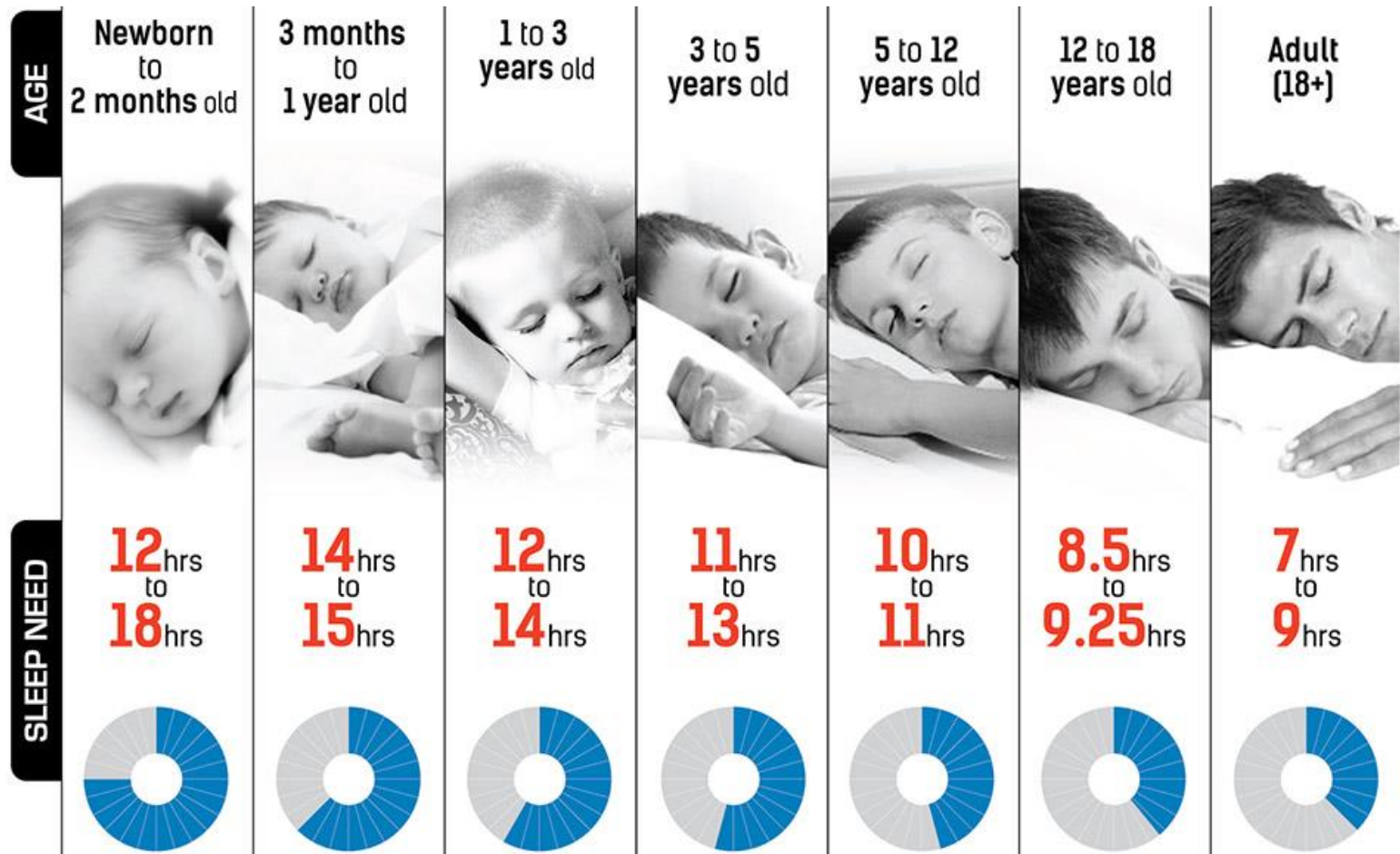


When Alisia arrives home from school she picks up her mobile and goes on **Facebook** to see if she has received any likes or comments on her new profile pic. Whilst eating she begins **chatting** with her friends. As she chats with her friends she goes on **Tiktok** to look at the latest trending clips. During the weekends she sometimes meets up with her friends, they stay comparing photos on their **mobile**, **listening to music online** and talking about the latest trending **Tiktok** clips.

Maria

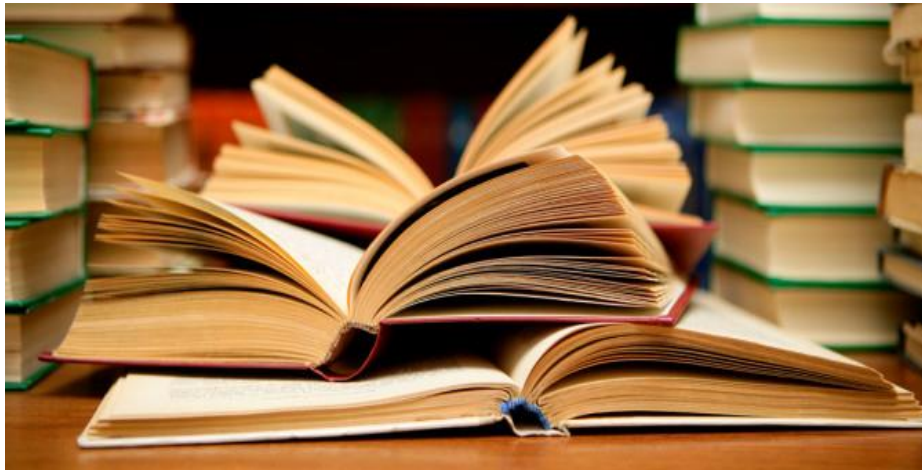


Maria is passionate about **dancing** and attends dancing lessons regularly after having finished her **homework**. She browses the **internet** to find dancing clips and **chats** with her friends about them. On weekends when she is not occupied with dancing performances, she likes to **meet up** with her friends and go out in the country side or for **walks** with her dog.,



Sleep Deprivation

Lower
Grades



Less
Reading

Poor Social Skills





Less Time Socialising with friends and family





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Eating Junk Food





**Exercising
Less**

**Less
Interest
in Sports**





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