

## USEFUL TIPS

- ✓ Take a break from using the computer/ laptop/tablet/smartphone to protect your eyes and posture.
- ✓ Make sure you have done your homework.
- ✓ Do physical activity for at least an hour a day.
- ✓ Get a Good Night's Sleep. Make sure you get eight hours of rest.
- ✓ Set a time limit to play online games and chat with your friends.
- ✓ Have a nice dinner with your family. Try and keep dinner a screen-free zone.
- ✓ Help your parents with laundry and house chores.
- ✓ Find time to explore your hobbies and to play offline.



DIRECTORATE LEARNING AND ASSESSMENT PROGRAMMES  
DEPARTMENT CURRICULUM, RESEARCH, INNOVATION AND LIFELONG LEARNING





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# TOGETHER FOR A BETTER INTERNET



**ALWAYS CHECK  
WITH A GROWNUP  
WHAT TO WATCH  
ON YOUTUBE**