

Technology & social media

Completing school work

Being out of school will make it so much likely that we will spend more time on technology and social media.

After all we will be relying on technology for you to complete your school work. You will be spending more time working at a screen than usual.

Spending prolonged periods of time looking at a screen is not good for you. It can create strain on your eyes, over stimulate the brain, disrupt sleep and is usually linked with a lack of movement.

Top tips

Completing school work

Try to plan your day so that you have breaks from the screen.

Get up and move around, change position.

Make a list of the learning tasks from school and consider the best order to complete them in. If you have a task that does not rely on technology consider doing that in between tasks that need to be completed on the computer.

Plan with family members who will use the computer and when to avoid stress building up.

Social media

Social media has lots of benefits, particularly in the current situation it will help us to stay connected.

Do remember that social distancing is not the same as social isolation, it is still important to communicate with friends and family.

It is important to stay connected and social media can be a great form of communication but be aware some types of social media carry more risks than others for your wellbeing.

You tube in particular has been found to be very effective in decreasing levels of depression, anxiety and loneliness and of course is a great source of information when trying to learn something new.

Despite all the benefits of social media, the absolute truth from all the research undertaken is the more someone spends online on social media, the greater the likelihood of potential harm.

ALL types of social media have been found to have a negative effect on sleep quality, body image, bullying and FOMO (fear of missing out)

Snapchat, Instagram have been found to have a hugely negative impact on wellbeing.

In this time of pandemic crisis we are all (young people and adults) more vulnerable to the potential harm.

Top tips

- Turn it OFF while you are working
- Don't give in to the pressure to be constantly connected at the expense of other activities. We have been gifted with time to spend as a family. Use this precious opportunity that when life returns to normal we will all wish we had.
- Be aware of FAKE NEWS stories, there are lots of them going around at the moment about the virus.
- Stay safe online.
- Don't allow social media to undermine your view of yourself. Most of what you see and read is simply not real.