A Guide to Managing Screen Time & Social Media for Teens with SEND

Why Does Screen Time Matter?

Spending time online can be fun and help you stay connected, but too much screen time can affect your mood, sleep, and concentration. It's important to find a balance that works for you.

Top Tips for Managing Screen Time

Set Limits – Decide how long you want to spend online each day. Use a timer or app to remind you to take breaks.

Switch Off Before Bed – Try to stop using screens **at least one hour** before bedtime to help you sleep better.

Take Breaks – Move around, get fresh air, and do other activities you enjoy away from screens.

Plan Screen-Free Time – Set time for hobbies, family, and friends without screens.

Be Mindful – Notice how you feel after being online. If certain apps make you feel stressed or unhappy, take a break.

Social Media: Staying Safe & Happy

Social media can be a great way to stay connected, but it's important to use it in a way that makes you feel good.

Follow Positive Accounts – Choose pages that inspire and support you. Unfollow anything that makes you feel anxious or upset.

Be Kind & Block Unkindness – If someone is unkind, you can **block, mute, or report** them. You don't have to deal with negativity.

Keep Your Info Private – Don't share personal details like your home address, school, or phone number.

Think Before Posting – Ask yourself: Would I be happy for my family or teachers to see this? If not, don't post it.

Talk About It – If something online makes you uncomfortable, talk to a trusted adult. You are not alone!

Fun Things to Do Without Screens

- ✔ Go for a walk or bike ride
- ✔ Try a new hobby like painting or baking
- ✔ Listen to music or read a book
- ✔ Spend time with friends and family
- ✔ Join a local club or youth group

Find Your Balance & Stay Happy Online!

Remember, screens can be great, but it's important to take care of yourself too. Make time for the things that make you feel happy and healthy!