

Screen Smarts

From the Wellness Center

OVERVIEW & PURPOSE

During the last few months, our screen time has increased tremendously. Technology has provided the social connection many of us have been missing lately. Our world has shrunk, and we utilize technology to expand our reach to stay connected to peers, work and school. We can all agree, technology plays a very important role in our lives, which makes it difficult to recognize the signs that we may need to cut back on our screen time a bit. We also need to be mindful of our online safety. It is important to be aware of possible concerns the online world presents. The two articles listed below are a great place to start learning about cyber safety!

Some Ideas To Think About

- The effects of too much screen time can include: a disruption in our real-life social interactions, mood instability, difficulty sleeping, increased anxiety and lower self-esteem.
- The amount of screen time that is too much for one person may not be the same for another.
- Great resource to support a conversation about cyber safety, [Teens 14+ online safety advice](#)
- There is a cyber tip line available for public use; [CyberTipline](#)

Articles

Short Read: Online Safety

<https://kidshealth.org/en/teens/internet-safety.html>

Longer Read: Cyber Safety

<https://www.opencolleges.edu.au/informed/cyber-safety/>

**If you have any questions, please call the Wellness Center at (530) 280-2009.

<https://www.scfswellnesscenters.org/>

