

These gadgets are good tools. Here are a few tips on how you can create an online/offline balance in order to remain healthy:

- ❖ Participate in offline activities with your friends.
- ❖ Take regular breaks from using gadgets in order to rest your eyes.
- ❖ Be physically active.
- ❖ Sleep is important – make sure you get enough of it and not stay up late playing online games or chatting.
- ❖ Explore other hobbies.
- ❖ Manage your time wisely – do important things like homework and house chores before using gadgets.
- ❖ Spend time with your family.
- ❖ Refrain from using such gadgets when talking to family and friends so as to give them your full attention.

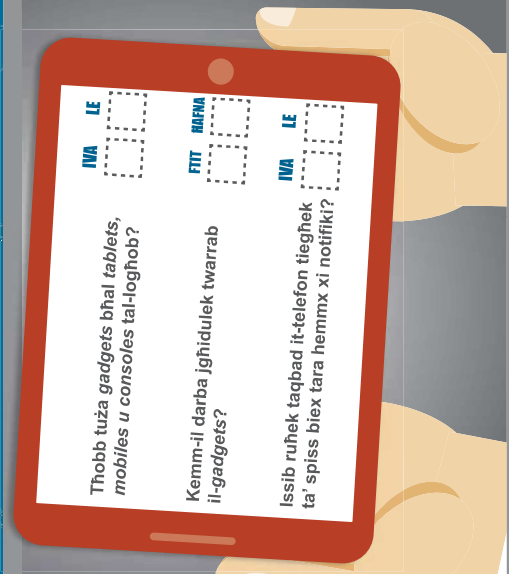
Should you find it difficult to create this balance, here are a few tips to help you:

- Set a time limit when playing online games so that you do not get carried away.
- Turn off the App notifications in order not to get tempted to check social media platforms all the time.
- Declutter your social media platforms by creating lists so as to spend less time checking your news feed.
- Give your gadgets to an adult to keep for you in order to resist temptation.
- Reading a book is a good way to distract you from using your gadgets.

If you feel that you need help to create an online/offline balance you should speak to an adult you trust. For more information or advice you may call **179** or visit www.besmartonline.org.mt.



be SMART!
ONLINE!



Ejfew nitkelmu dwar... bilanċ bejn l-onlajn u l-offlajn