

# THINKING & MANAGING SELF



## DIGITAL DISTRACTION

**Control your phone - don't let it control you**

Anahera invited her friend Kaia over. Kaia was talking about the dog that had followed her home from the park. "I think he belonged to the people who live on the corner." She said.

Anahera's phone beeped as a message came through. She picked it up. She read the message and replied. "Carry on." said Anahera.

"So, I walked back to the park to see if there was ...." Kaia stopped again as Anahera's phone beeped once more. She could see Anahera giggling as she read the new message.

Kaia sat there waiting for Anahera to finish. After a while it seemed as though Anahera had forgotten she was there. So Kaia took out her own phone and started playing a game.

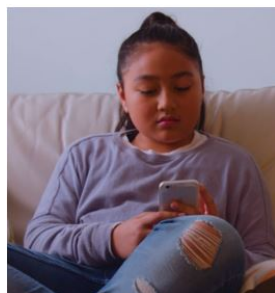
Anahera's dad walked past and stopped in the doorway watching the girls on their phones. "What's the point of hanging out together when you're both ignoring each other?"

Anahera looked across at Kaia and sheepishly said "What were you saying about the dog?" "Yeah, um, it doesn't matter." Said Kaia, "Shall we go play on the trampoline?"

"Maybe later? I'll just finish messaging Kate." Anahera went back to her phone while Kaia waited.



Later that night when Anahera was in bed, every time she put her phone down a notification came through that she felt she had to check.

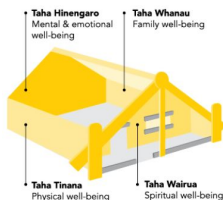


# EXPLORE!

## Balance it out

We are happiest and healthiest when we have a good balance of:

- physical activity
- challenges to keep our brain active
- time spent with friends and family
- time by ourselves



Mason Durie captures this idea in this picture of a whareniui - all four walls are needed for it to be strong and stable.

## How's my balance?

The following present real life challenges for young people who are trying to achieve a digital balance.

Areas to improve	Challenges
Sleep	Woken up by notifications Distracted by
Friends	Checking phone regularly Replying to messages when friends are present
Physical Activity	Less time being active
School Work	Distracted by notifications Checking phone regularly
Personal Interests	Less time doing things 'non digital'
Family	Missing out on family chats Engaging online rather than offline

Are there any other areas that could be included?

1. Pair up with a classmate and discuss the areas that you or your partner feel challenging.
2. Discuss how to achieve a better balance in these areas.
3. Choose an idea to put into practice and review how it is going in a couple of weeks.
4. Reflect - What action did you take? What changes did you notice?

<http://www.roadstosafehb.org.nz/assets/images/Content-Blocks/RoadSafety-Action-Banners/2.jpg>

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