

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:

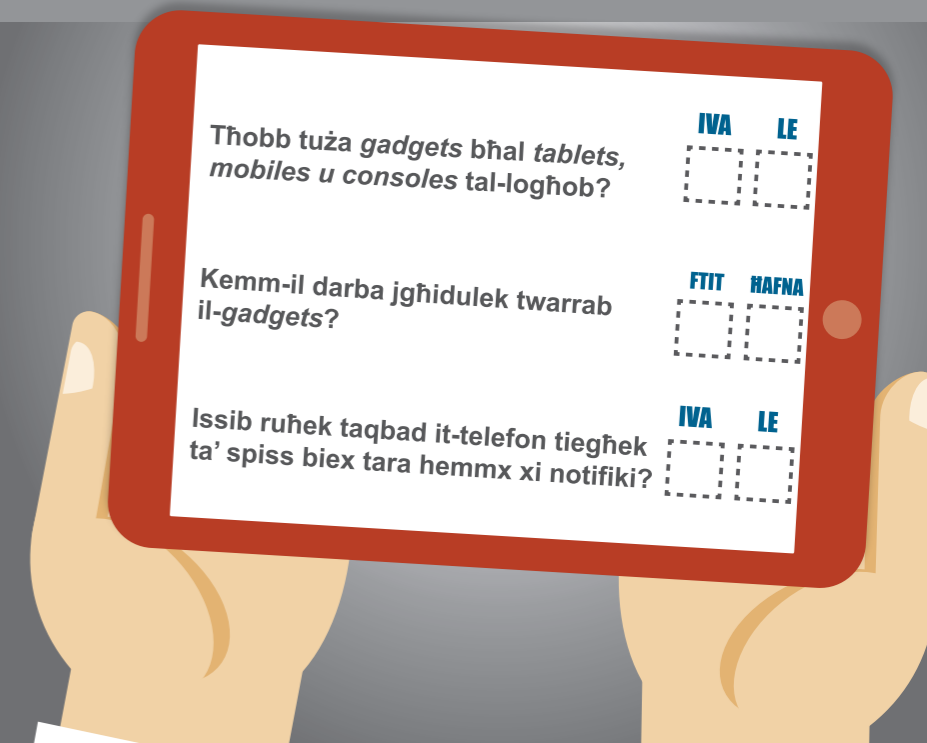
- Set a time limit when playing online games so that you do not get carried away.
- Turn off the App notifications in order not to get tempted to check social media platforms all the time.
- Declutter your social media platforms by creating lists so as to spend less time checking your news feed.
- Give 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.



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be SMART!
ONLINE!



Ejjeu nitkellmu dwar... bilanċ bejn l-onlajn u l-offlajn

Dawn il-gadgets huma għodda tajba. Ftit ideat dwar kif tista' tohloq bilanċ bejn il-ħajja onlajn u dik offlajn biex tibqa' f'saħħtek:

- ❖ Ftu sehem f'attivitajiet offlajn ma' sħabek.
- ❖ Darba kultant ieqaf uża l-gadgets biex isserraħ għajnejk.
- ❖ Agħmel attività fizika.
- ❖ L-irqad huwa importanti – ara li torqod kemm hemm bżonn.
- ❖ Torqodx fit-tard biex tilgħab il-logħob onlajn jew tiċċettja fuq l-internet.
- ❖ Skopri passatempo ġodda.
- ❖ Qassam il-ħin tiegħek bil-għaqal – agħmel affarijiet importanti bħall-homework u xogħol ieħor fid-dar qabel ma tuża xi gadgets.
- ❖ Qatta' l-ħin mal-familja tiegħek.
- ❖ Żomm lura milli tuża dawn il-gadgets waqt li tkun qed titkellem mal-familja jew ma' sħabek sabiex tagħtihom l-attenzjoni kollha tiegħek.

Xi ideat li jistgħu jgħinuk jekk issibha diffiċli tohloq dan il-bilanċ:

- Agħmel limitu ta' ħin meta tilgħab logħob onlajn biex ma tintilifx tilgħab.
- Itfi n-notifiki tal-Apps sabiex ma tiġikx it-tentazzjoni li tiċċekkja l-midja soċjali l-ħin kollu.
- Żbarazza l-midja soċjali tiegħek billi tohloq listi sabiex tqatta' inqas ħin tiċċekkja n-news feed tiegħek.
- Agħti l-gadgets tiegħek lil xi adult biex int ma taqax fit-tentazzjoni.
- Il-qari huwa mod tajjeb ta' kif tista' taljena ruħek mill-gadgets.

Jekk tħoss li għandek bżonn l-għajnuna biex tohloq bilanċ bejn il-ħajja onlajn u dik offlajn għandek titkellem ma' persuna li taf dha. Għal iktar tagħrif u pariri tista' oċċempel 179 jew iżżur www.besmartonline.org.mt.



be SMART ONLINE!

Do you like to use gadgets such as tablets, mobiles and/or gaming consoles?

YES NO

How often are you asked to put your gadgets away?

RARELY OFTEN

Do you find yourself repeatedly picking up your phone to check your notifications?

YES NO

Let's talk about...

online/offline balance