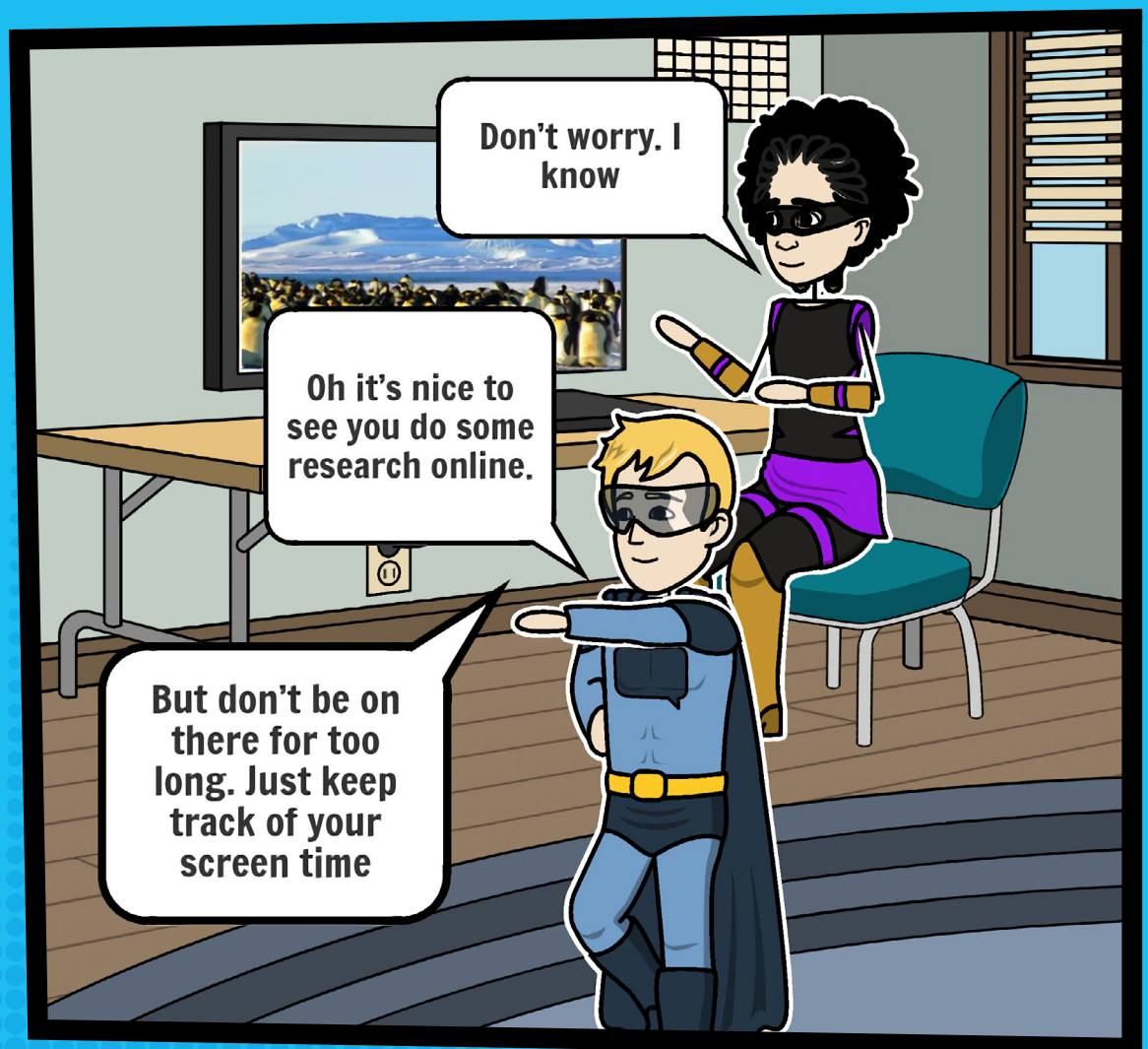
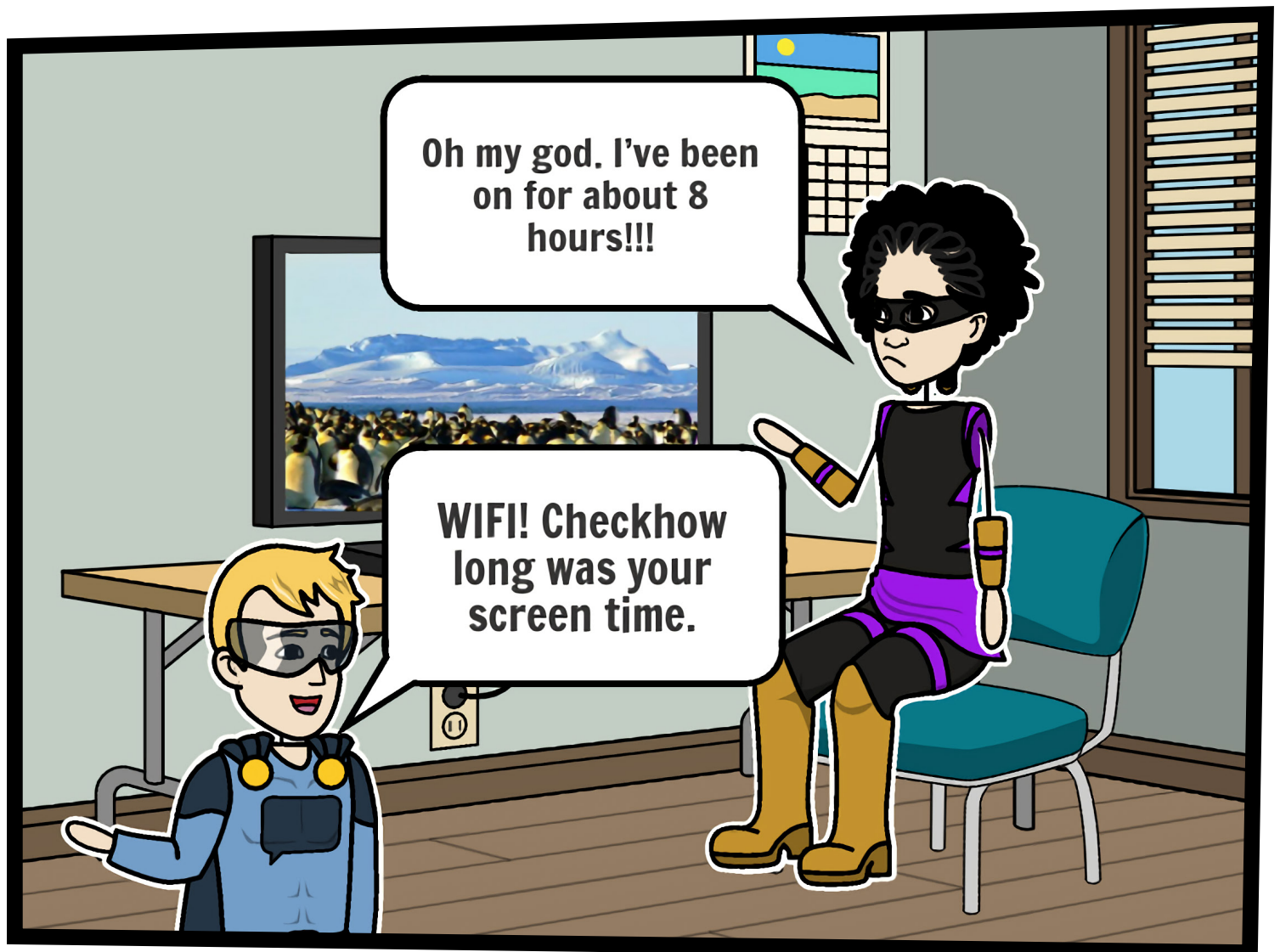
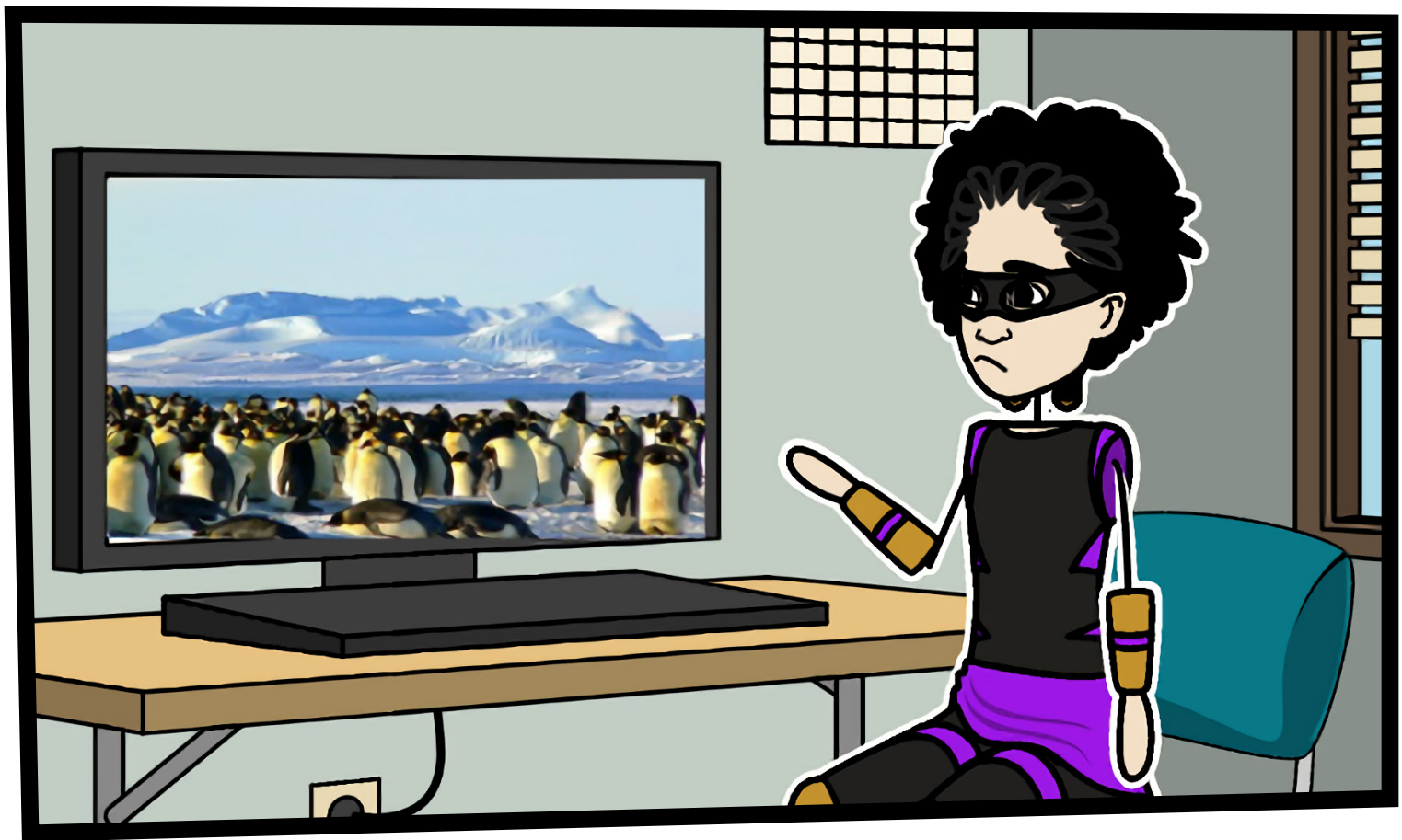



THE ADVENTURES OF CYBER-SURFER



TIME FLIES!





A comic panel set in a room with a wooden desk and floor. A superhero with blonde hair, wearing a blue suit with a yellow belt and a black cape, stands on the left. He is pointing towards a woman sitting on a teal chair on the right. The woman has dark curly hair, wears a black mask, a black top, purple shorts, and yellow boots. She is gesturing with her right hand. In the background, a large monitor on the desk shows a colony of penguins. A smaller framed picture of a sunset is on the wall. A speech bubble from the woman asks for tips to reduce screen time, and a response bubble from the superhero suggests creating a technology-free zone.

**Is there any tip you
could help me to
reduce my daily
screen time?**

**Well for starter you
should try to create
a technology free
zone.**

Tech-Free Zone

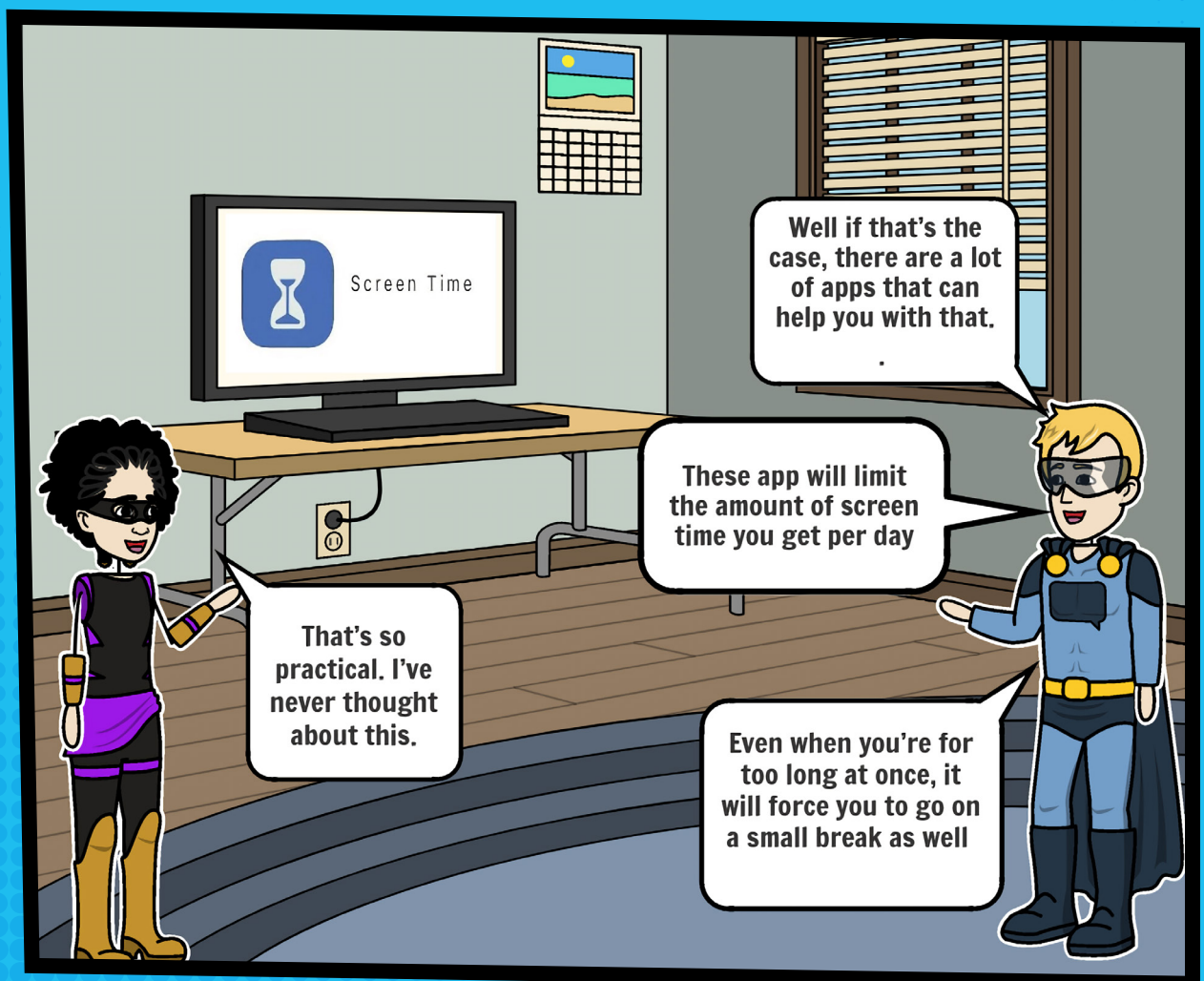
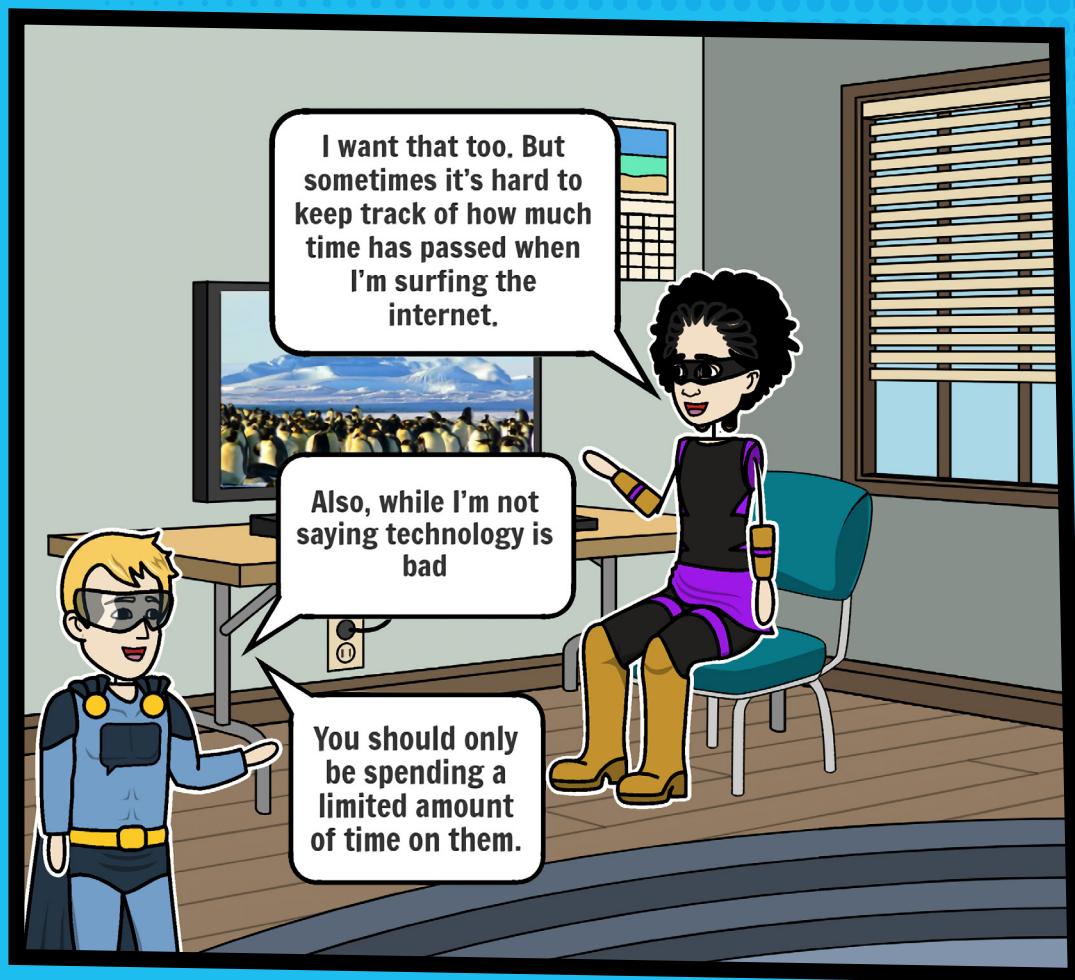
It's like creating this peaceful and relaxing space for yourself at home.

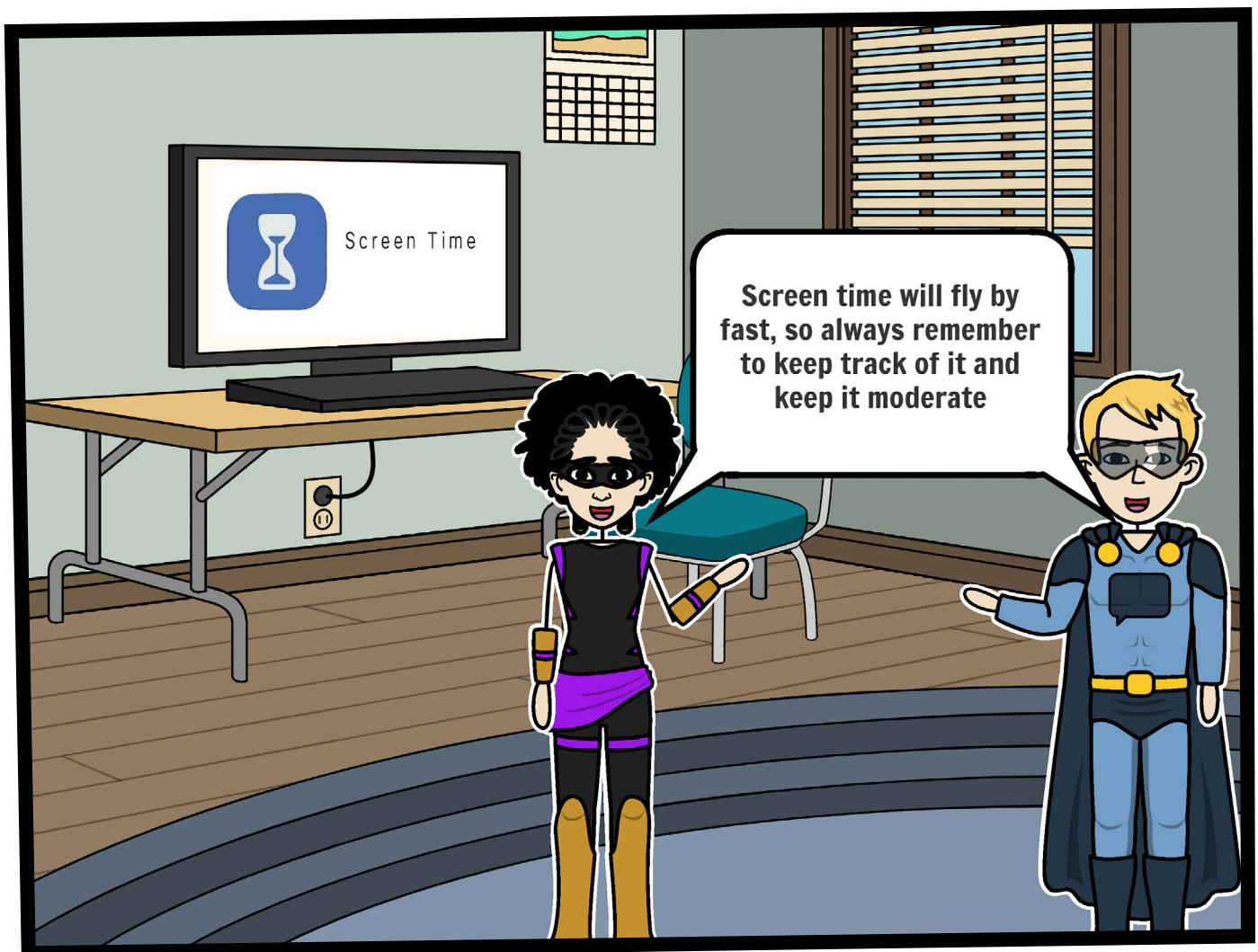
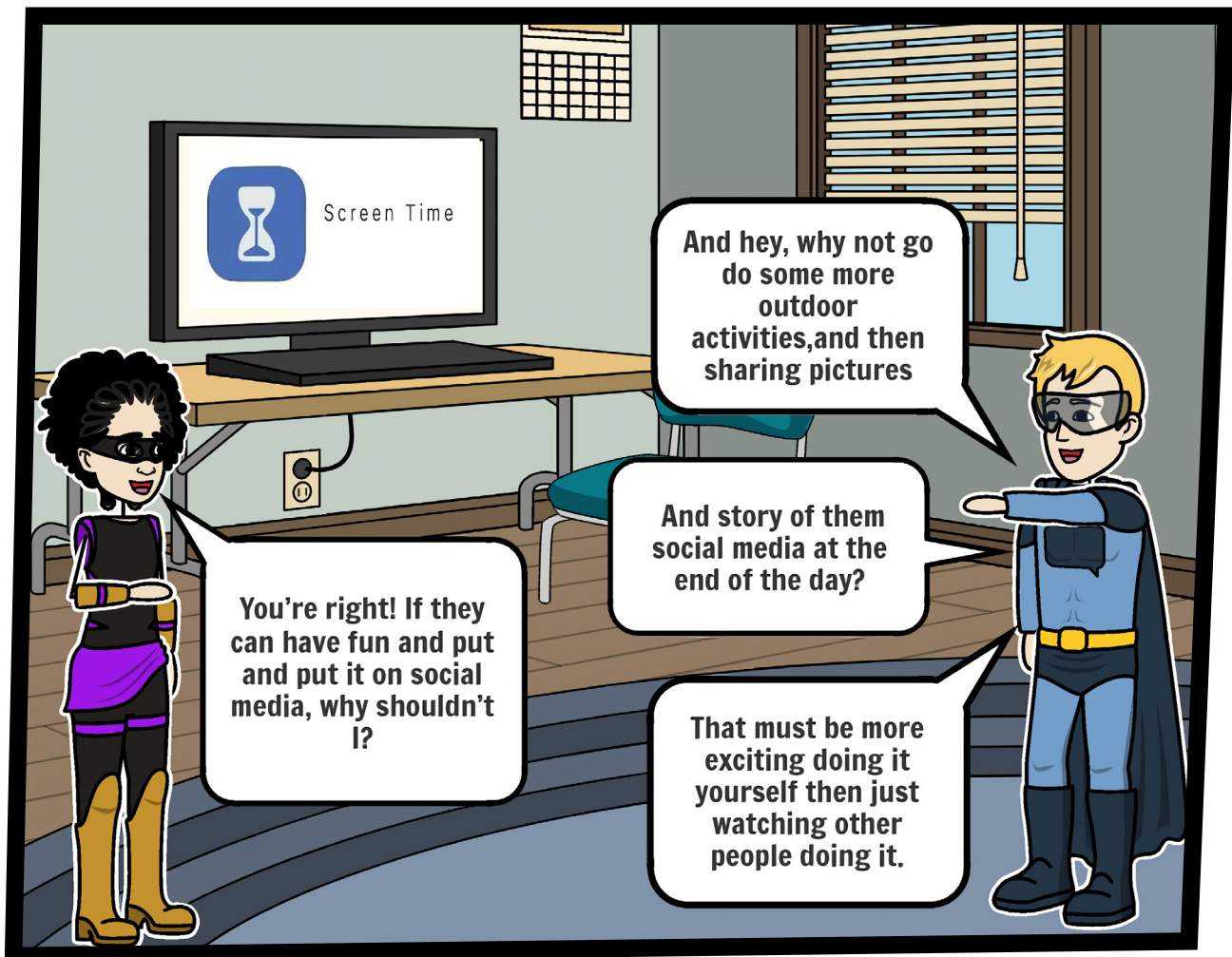
Maybe on your favourite couch or on a bench in the garden.

Whatever it is, it should just be you and the world, no phone or computer or anything.

Oh wow this is really nice indeed. I'll try to create my own "tech-free"







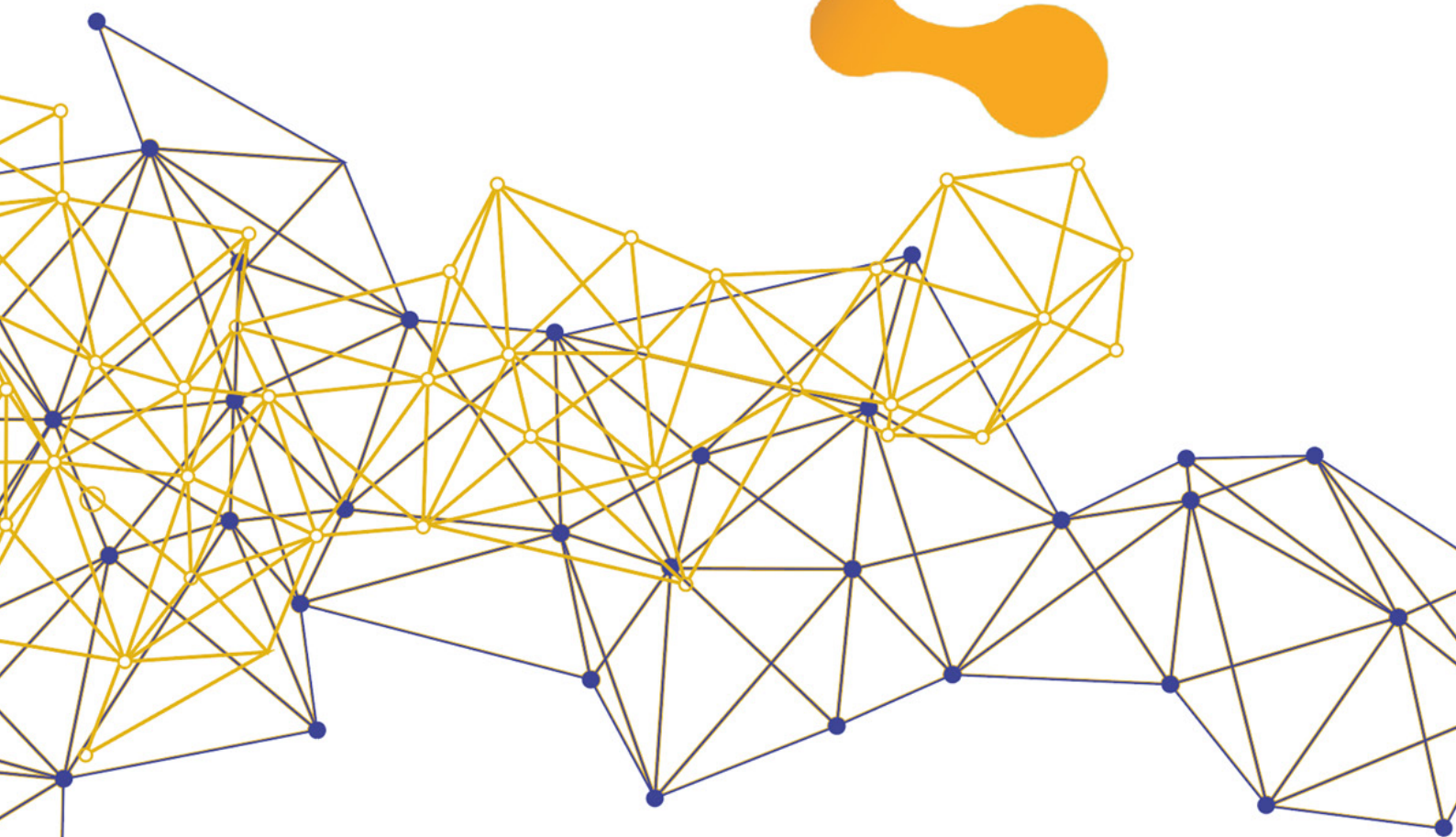
TIPS FOR PARENTS

- Learn about your child's online activity
- Set boundaries with your child about their screen time.
- Integrate technology and allow them to talk to you about it
- Talk to them about online privacy
- Balance online & offline activities
- Help your child to manage their own screen time.

FUN ACTIVITY FOR YOUNG LEARNERS:

The internet and social media can be so much fun! But it's always good to take a break from screens and find alternative things to do with your free time. This is called having technology-free time. From the table below, draw a circle around the activities that promote technology-free time. Why not try and do some of these activities to make sure you have a healthy screen balance in your life!

Read a book	Cook with your family	Play the Nintendo Switch
Play Fortnite	Play football	Try a new hobby
Talk with your friends online	Play a board game	Write a story
Watch videos on YouTube	Make a TikTok	Tidy your room



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