

“Technology is not the problem. It is how we use it!”

### Welcome Back

I hope you all had a lovely summer break and feel rested. I am using September to promote and raise awareness of '[Scroll Free September](#)'.

Which plan are you going to promote in your school or sign up to yourself?



### COLD TURKEY

Give up all personal social media accounts for 30 days.

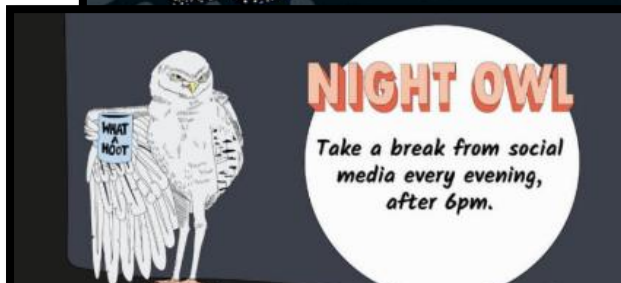
Looking for #inspo?  
Emma Stone, Jennifer Lawrence,  
Elton John and Simon Cowell  
are all Scroll Free.



### SOCIAL BUTTERFLY

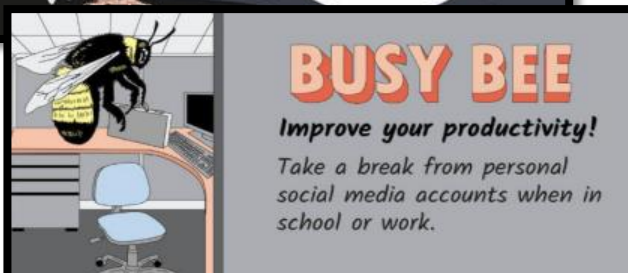
Take a break from social media at all social events

Talk to your friends, listen to the music, eat your burger without worrying about the insta post.



### NIGHT OWL

Take a break from social media every evening, after 6pm.



### BUSY BEE

Improve your productivity!

Take a break from personal social media accounts when in school or work.



### SLEEPING DOG

Do you go to bed at a reasonable time with the best intentions, then spend hours scrolling through your social media accounts?

Give up social media in the bedroom and improve your sleep!

# SCROLL FREE SEPTEMBER

### Why sign up?

I feel passionately about online wellbeing and firmly believe that from as young as possible we need to be talking about how the internet affects our mental health. However “people in glass houses shouldn't throw stones”. Over the summer Ofcom produced a report looking at adults online behaviours.

- On average we pick up our phone every 12 minutes
- 2 in 5 adults look at their phone within 5 minutes of waking
- 1 in 5 adults spend more than 40 hours a week online
- Average daily time spent on a smart phone is 2 hours and 28 minutes
- 18 – 24 year olds spend longer online, 3 hours and 14 minutes
- 78% adults couldn't live without their phone

The RSPH (Royal Society for Public Health) is behind the campaign and adults need to lead by example in their online behaviour from parents to professionals. So why don't you try one of the 5 and get your school or class involved, [Sign up](#) and let us know how you get on.

### Date for the diary

**Back by popular demand! 10<sup>th</sup> June 2019**, UK Safer Internet Centre are delivering a live session at One Angel Square. **The sessions are free, fantastic and very informative.** You will need to book on via Eventbrite look out for links nearer to the time.