

Some ways to use your ABCD

Away time

My away time from screens is full of things I like doing like drawing, baking and sport



Breathe & bend

I breathe and bend by setting an alarm on my phone to remind me to stretch while gaming



Check in

Sometimes I lose track of time when I am online. This is why I now check in and ask myself “How am I feeling right now... Do I need a break?”



Down time

Now I have my bedroom as a screen free zone and spend my down time before bed reading a book



**Optus Digital
Thumbprint**

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Anytime Any Reason

You can contact Kids Helpline for help!
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