

DITCH THE DISTRACTION

'SMART' PHONE HABITS FOR SUCCESS IN SCHOOL

S **Stay Focused:** School's your time to shine. Eyes on the prize not the screen. So, put the phone away, be all in during class and soak up the knowledge in the room. Less scrolling, more learning.

M **Make Good Choices:** Your phone is a tool not a distraction. Use it wisely and make it work for you. Be the boss of your tech not the other way around.

A **Appreciate the Positives:** Unplug, embrace and discover those phone free moments! Hang out with friends, get creative or just chill. It will boost your health and wellbeing and let you thrive in school and with others.

R **Respect the Rules and Each Other:** Follow your school's rules on mobile phones – they keep everyone on track, the classroom chill and increases positive vibes for everyone, including you!

T **Talk it Out:** Ditching the DMs, doomscrolling and notifications means more time for some face-to-face chats – at break, lunch and even travelling to and from school. It's how friendships are made and it will boost your confidence too.

REMEMBER

No phone – no problem, you've got this! A little phone-free time can lead to big wins in school, friendships and just feeling good overall!

