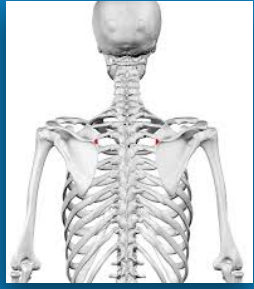
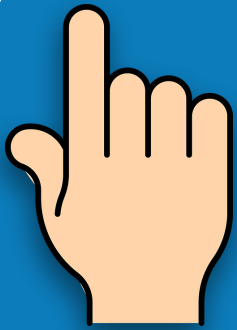


HEALTH RISKS



'Text neck'

There is growing concern about children developing back pain and even deformed spines by spending hours looking down at hand-held digital devices.



Repetitive Strain Injuries (RSI)

Excessive typing, game playing, etc on digital devices can lead to you having pain in joints in your wrists, thumbs and fingers. This damage can be permanent.



Social media and mental health

Recent studies have found that teenagers who engage with social media during the night could be damaging their sleep and increasing their risk of anxiety and depression.



Blurred vision and headaches

Staring at brightly lit screens for prolonged periods of time can lead to blurred vision and headaches, particularly in dark conditions and if you are focusing really hard while playing games.



Headphones

Using headphones may pose a safety risk in areas with moving traffic. They can also result in hearing loss if used to play loud music for prolonged periods.



The problems described above are just a few of the problems technology can cause. The best way to reduce these is to limit your exposure by **reducing the time** you spend on digital devices.