



Asking for permission to use devices

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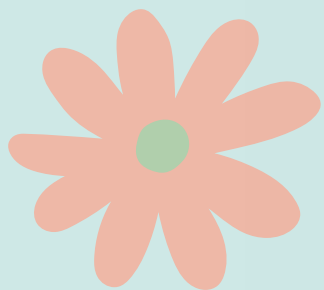
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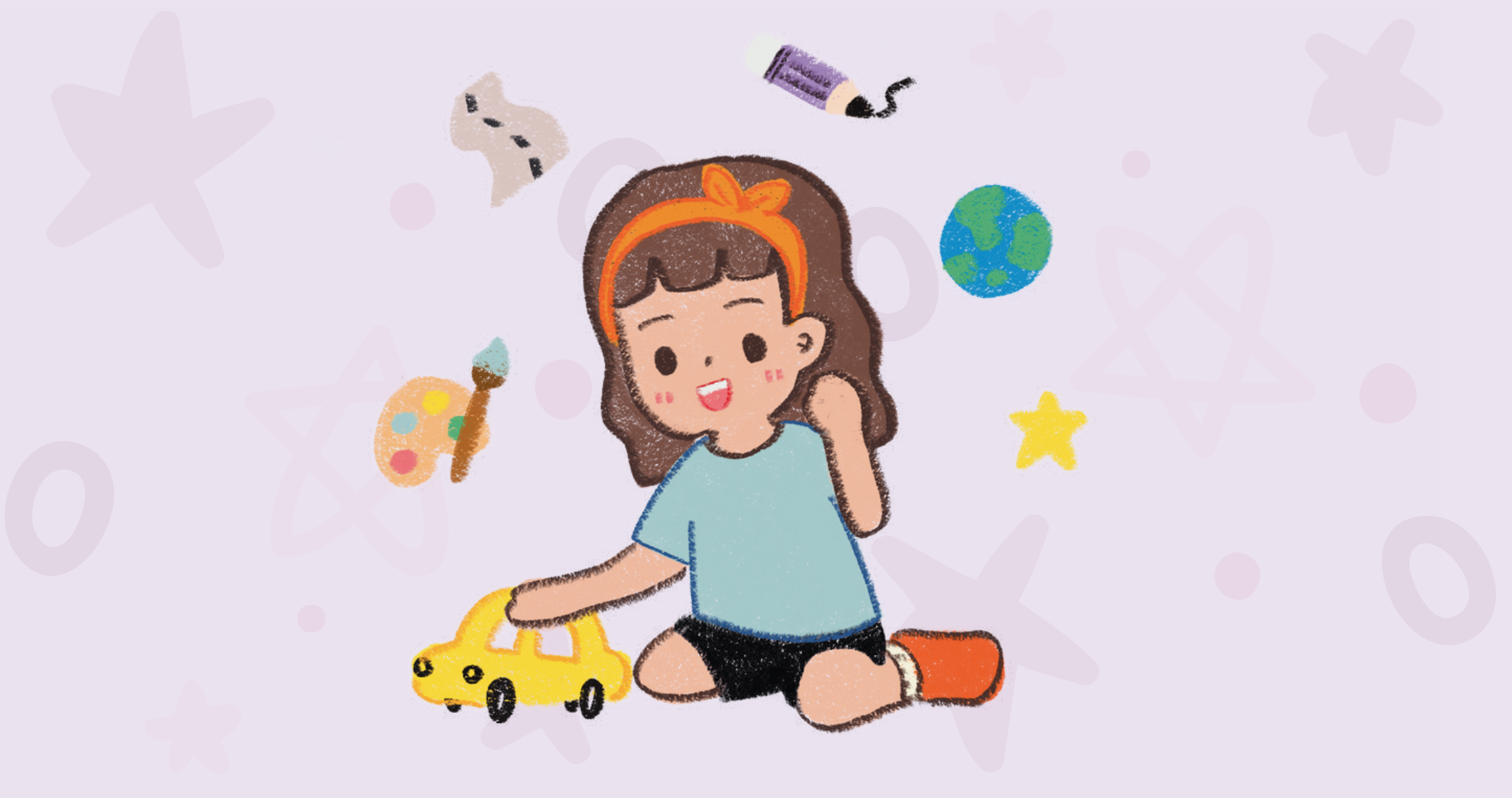
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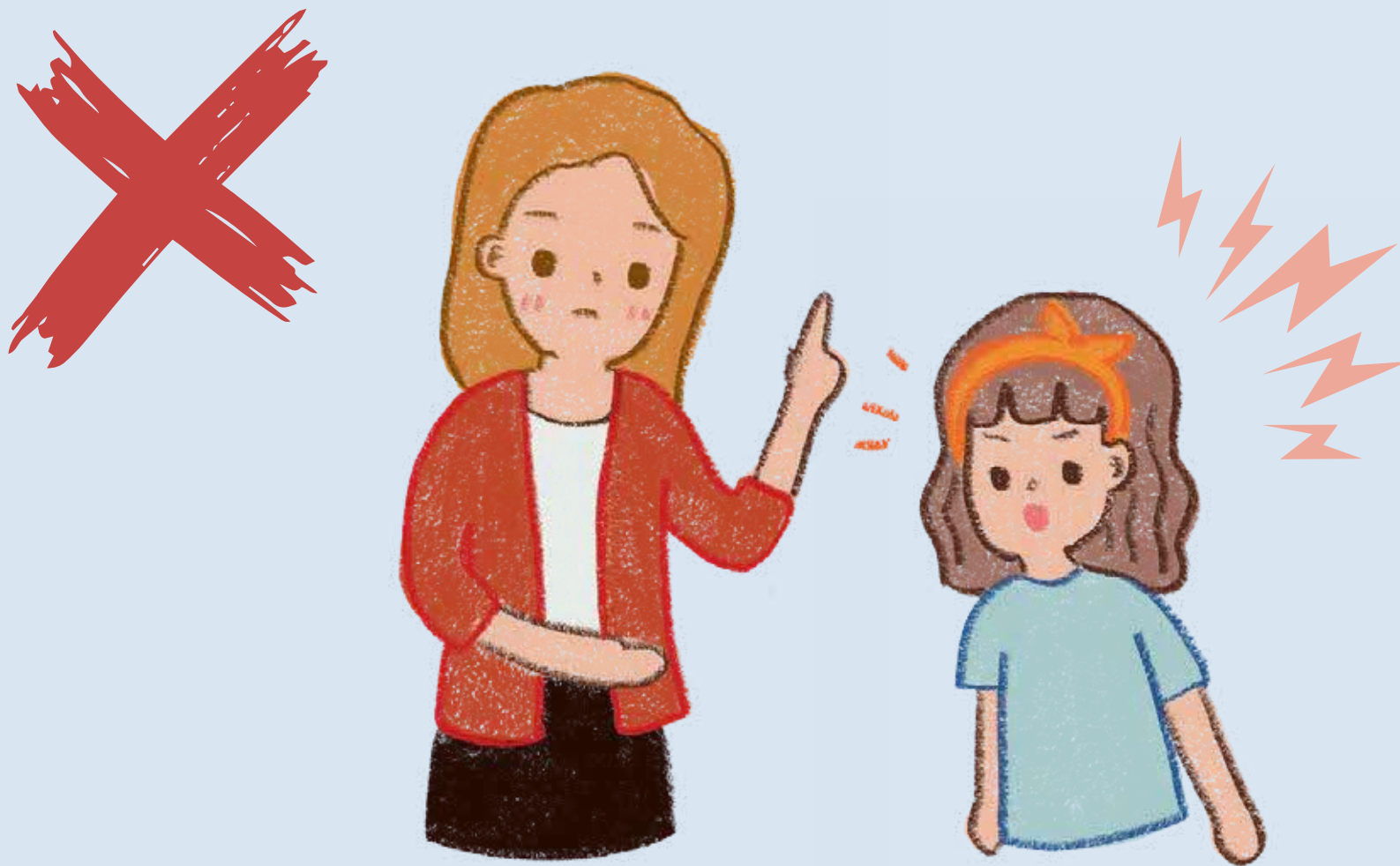
I like to play games on my tablet. The games on my tablet are very exciting, and playing them makes me feel excited too!



If I want to play games on my tablet, I have to ask my parents' permission first. Sometimes, when I really want to play games on my tablet, but my parents are not free for me to ask their permission, I feel restless and bored.



I can play with my toys, instead of playing games on my tablet. I can use my imagination to make up my own game with my toys.



When my parents are free, I can ask them politely,
“May I play some games on my tablet, please?”

I do not need to shout or yell. I do not need to hide away to use the tablet in secret.

If my parents say

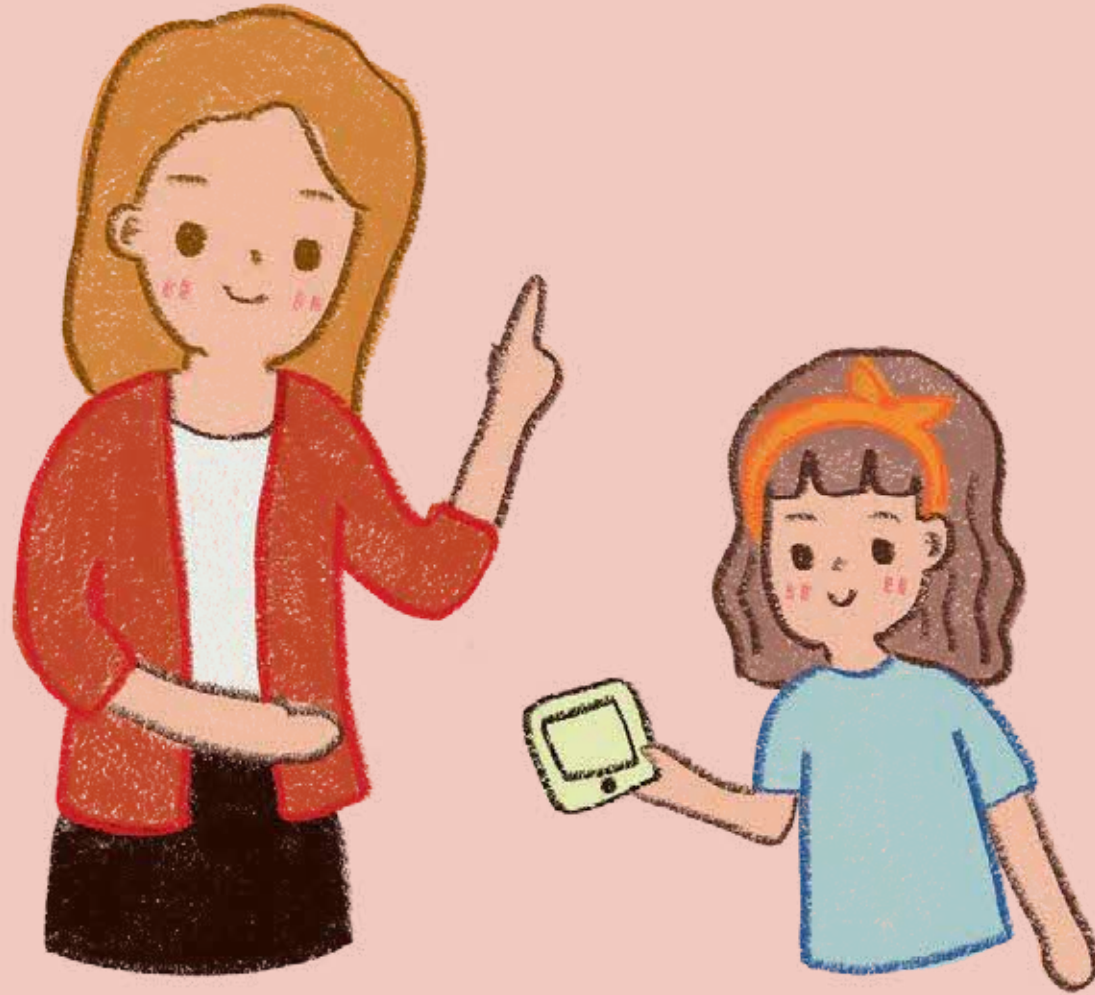
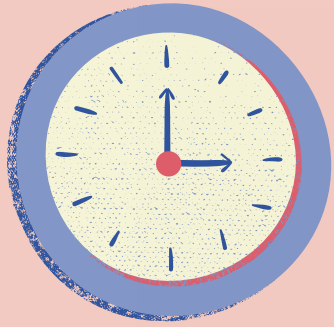
YES

no



If my parents give me permission to use the tablet,
I get to enjoy my time playing exciting games on it.

If my parents say, "No, today you have played a lot of games on your tablet already,"
then I will wait until tomorrow to ask again.



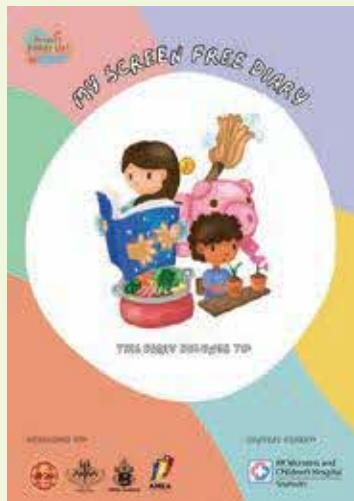
When my parents say, "Time is up, no more playing,"
then I will stop and return the tablet back to my parents.
I will not shout or yell, because I know playing for too long can make my eyes tired.
I can always ask to play again another time.

Helpful Resources



Poster and Leaflet on Healthy
Screen Use in Young Children

tinyurl.com/screenuseinfo



My Screen Free Diary

tinyurl.com/sfdiary

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Project Heads Up

is a student-led initiative that recognises a steady overall increase in screen device exposure leading to excessive use by some children. We call upon the support of both healthcare and non-healthcare organisations and institutions, rallying together to effectively manage screen usage in children. Advocacy campaigns, public awareness activities, and educational materials extend our healthy screen use messages to as many children, parents, and educators as possible. This hopefully facilitates materialisation of our vision of a technologically-integrated world, where appropriate use of screen devices co-exists with traditional games and entertainment to stimulate a young child's development.

