

BEYOND THE Screen

A journal to help you
rebalance your screen time



Banyule Youth Services



ENGAGE!



Acknowledgment

Banyule Youth Services are proud to acknowledge the Traditional Custodians of the land as the Wurundjeri Woi Wurrung people and we pay respect to all Aboriginal Elders, past, present and emerging, who have resided in the area and have been an integral part of the region's history.



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WELCOME!

This journal came from the 2025 Banyule Youth Summit where young people told us they wanted more tools to help reduce their screen time. This journal isn't about giving up your phone completely. It's about finding **balance**, **reconnecting** with yourself and making space for the things that really matter, all while supporting healthy habits both inside and outside of the digital world.

HOW TO USE:



Here are some helpful tips to get the most out of your new journal:

- Answer the prompts that work best for you, start things and come back to them later, take it with you on the go for something to do – whatever works best for you!
- Use the screen time goals to keep you motivated and keep track of how you're going, alongside screen time tools on your phone
- Complete the activities throughout and follow the suggestions to help get engaged in your community!

SCREEN

TIME TIPS & TRICKS

Here are some simple ways to understand how you're using your phone and take more control of your screen time.

HOW TO ACCESS YOUR SCREEN TIME TRACKER ON YOUR PHONE

iPhone (Screen Time)

1. Open Settings
2. Tap Screen Time
3. Tap See All Activity
4. View your daily/weekly screen time
5. Scroll to see which apps you use the most

Android (Digital Wellbeing)

1. Open Settings
2. Tap Digital Wellbeing & Parental Controls
3. View your screen time on the dashboard
4. Tap the chart to see more details
5. Check which apps you use the most

SET APP LIMITS

- Open your phone's screen time tracker.
- Choose the app or category you want to limit.
- Set a daily time limit (e.g., 30 minutes for games).
- Your phone will remind you when the time is up.
- **Try to stick to it, but it's okay to adjust as you go.**



CLEANING UP YOUR SOCIAL MEDIA FEED

- Unfollow or mute accounts that make you feel stressed, anxious or unhappy
- Follow pages that inspire, educate and make you feel good!

ORGANISE YOUR PHONE

- Keep the apps you use most on your home page
- Organise apps into folders- health, school, games ect.
- Keep distracting apps on the second page - **out of sight**

TURN OFF NOTIFICATIONS

- Go to settings → notifications → choose which apps can send alerts.
- Try “Do Not Disturb” for homework, meals, or bedtime.

WORD SEARCH

D C B I P S R E W O L L O F S E N Q G B R D K
E C V X P C F F C S H R I X G H I O D O P Z S
W M M E N G Z M T E R O L P X E C N I Z G D X
D H C A O Q F Y U K G T Y C B Y E G N B X L T
U T G L N O T I F I C A T I O N S Y S E M C F
N I S J C T Y E C N A L A B S N O V T T M R K
S R K F G H C P C J C Q C Z G L N X A I W C T
J O D X B L T N Y J O H G E V J R V G Y E G F
G G P R O F I L E N X S N Y S W N L R E E K A
A L Z C E E B U T U O Y G L B O I R A N O X L
T A B U C C S N A P C H A T T V D H M I L Y L
H W M R P X R D X P G B Z V S N S T Y L M A I
S L L O R C S E L A R I V Z E V Z G B N Q X X
A Q B J F L L T E M I T N E E R C S C O B N U
H T I K T O K G F X N Z G A M I N G M P R L H
R K G C T N K R V H N T V B E I H A R G O F B

FIND THE FOLLOWING WORDS:

ALGORITHM
BALANCE
EXPLORE
FOLLOWERS
GAMING

HASHTAG
INSTAGRAM
NOTIFICATIONS
ONLINE
PROFILE

SCREENTIME
SCROLL
SNAPCHAT
TIKTOK
VIRAL
YOUTUBE

WORDS ARE HIDDEN:



SCREEN TIME AWARENESS

Current Screen Time Check-In

AVERAGE SCREEN TIME (HOURS)

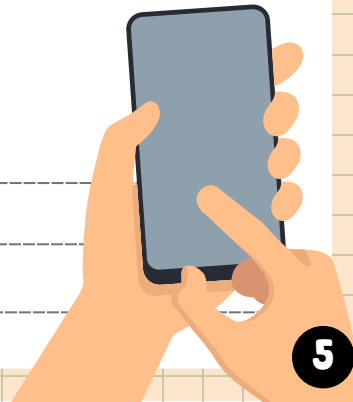
1	2	3	4	5	6	7	8	9	10	11	12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

WHAT APPS DO I USE THE MOST:

WHEN DO I SCROLL THE MOST?

- ☐ MORNING ☐ NOON ☐ NIGHT ☐ BORED
- ☐ STRESSED ☐ OVERWHELMED ☐ PROCRASTINATING
- ☐ LOW MOOD/UNMOTIVATED ☐ WHEN I GET A NOTIFICATION
- ☐ WAITING IN LINE ☐ PUBLIC TRANSPORT
- ☐ IN THE BATHROOM ☐ FOMO

I SCROLL MOST WHEN I ...



HOW DOES MY SCREEN TIME MAKE ME FEEL?

WHAT DO I NOTICE ABOUT MY HABITS?

GOAL SETTING

CURRENT SCREEN TIME VS GOAL SCREEN TIME:

Current

Daily average (hours)

Goal

Daily average (hours)

HOW MUCH WOULD I LIKE TO REDUCE MY SCREEN TIME?

Hours per day

WHY DOES THIS GOAL MATTER TO ME?

Remember that it's totally okay if you don't always hit your screen time goal!

It doesn't need to be perfect, just the right balance of what feels achievable and good for you.

GOALS

GOAL 1: This ☐ Week ☐ Month ☐ Year, I want to:

What will help me achieve this goal? _____

GOAL 2: This ☐ Week ☐ Month ☐ Year, I want to:

What will help me achieve this goal? _____

GOAL 3: This ☐ Week ☐ Month ☐ Year, I want to:

What will help me achieve this goal? _____

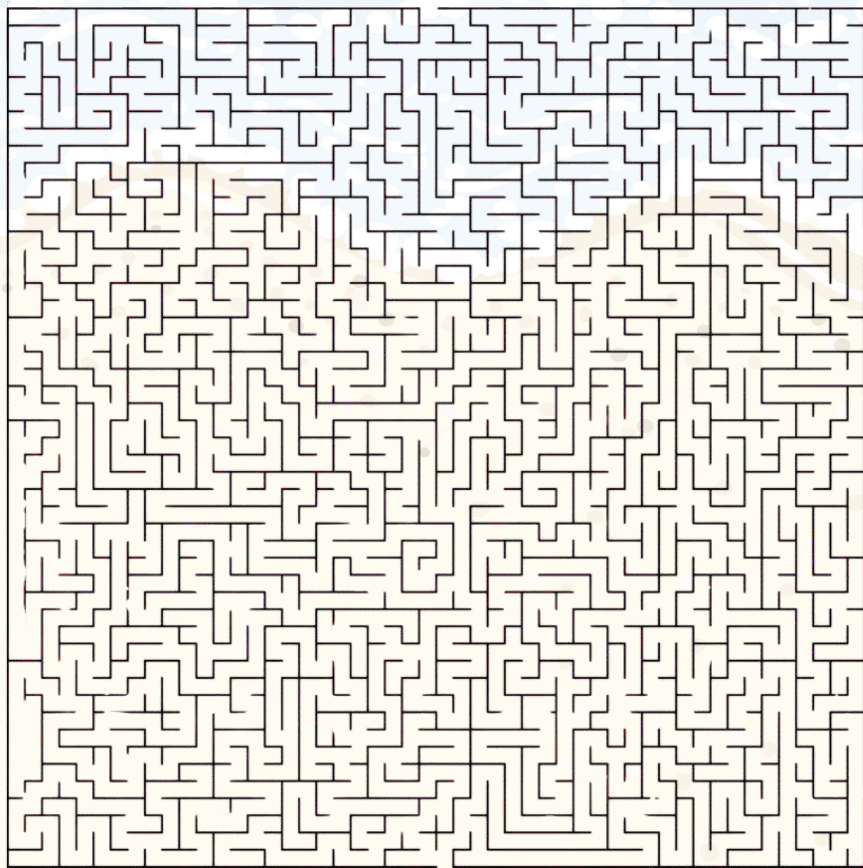


SOME PROMPTS AND IDEAS:

- Set a time limit for one app
- No phone use after a certain time at night
- Keep your phone out of your bedroom
- Have a screen-free evening each week
- Turn off non-essential notifications
- Screen-free homework time



Start here



Finish here!



WORD SCRAMBLE

Unscramble the letters to find beach-themed words!

LACBBHALE

GULFARED I

TSUIMSIW

FURSABORD

OCRALPIT

NESCUNRES

LEDSACANST

TALWTSERA

TUSNES

BALMRELU

THINGS I LIKE TO DO AWAY FROM MY PHONE



THINGS THAT MAKE ME FEEL BETTER:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

SOMETHING NEW I'D LIKE TO DO THAT I HAVEN'T DONE BEFORE:

SOMETHING I'D LIKE TO TRY DOING WITH MY FRIENDS:



THIS WEEK I WANT TO: _____

BOOKS I'D LIKE TO READ:

☐☐☐☐☐☐☐

EXERCISE TO TRY:

☐ Go for a walk

☐ Play a team sport

☐ Go for a swim

☐ Go to the gym

☐ Yoga or Pilates

☐☐☐☐☐

MY FAVOURITE PLACES TO GO OUTSIDE:



FRIENDS I LIKE TO HANG OUT WITH:



OTHER THINGS TO DO!

- Get creative
- Do homework/study
- Journal
- Cook or bake something



SCREEN TIME TRACKER

This page is about noticing, not judging.

How much time are you really spending on screens each day?

Tracking helps you spot patterns and decide what works best for you.

Small changes can make a big difference.

Days of the week

	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Screen time hours

What daily patterns do I notice?

WHAT HELPED IN REDUCING MY SCREEN TIME?



WHAT CHALLENGES DID I HAVE IN REDUCING MY SCREEN TIME?



IS THERE ANYTHING I'D LIKE TO TRY DIFFERENTLY?

SOME STRATEGIES TO TRY!

- Setting screen time limits on apps
- Turning phone off between certain hours of the day
- Move distracting apps off your home screen



Many young people are averaging over 5 hours of screen time a day.

You could fly to Fiji in that time!



9:45 pm - Lights out

Activity:

Lights out



Bright screen lights on your phone can stop your body releasing the sleep hormone (melatonin), making it take longer to fall asleep!



PHYSICAL HEALTH CHECK IN

SET A GOAL AND TRACK SOME DAILY HABITS HERE:



WATER INTAKE

Goal example : To drink 1 bottle of water each day

My goal is: _____

Tick each day you reach your goal:

M T W T F S S

☐☐☐☐☐☐☐

FRUIT AND VEG

Goal example : I will eat an apple each day!

My goal is: _____

Tick each day you reach your goal:

M T W T F S S

☐☐☐☐☐☐☐

SLEEP

Goal example : To sleep 7 hours each night

My goal is: _____

Tick each day you reach your goal:

M T W T F S S

☐☐☐☐☐☐☐

MOVEMENT

Goal example : To walk 10,000 steps each day

My goal is: _____

Tick each day you reach your goal:

M T W T F S S

☐☐☐☐☐☐☐

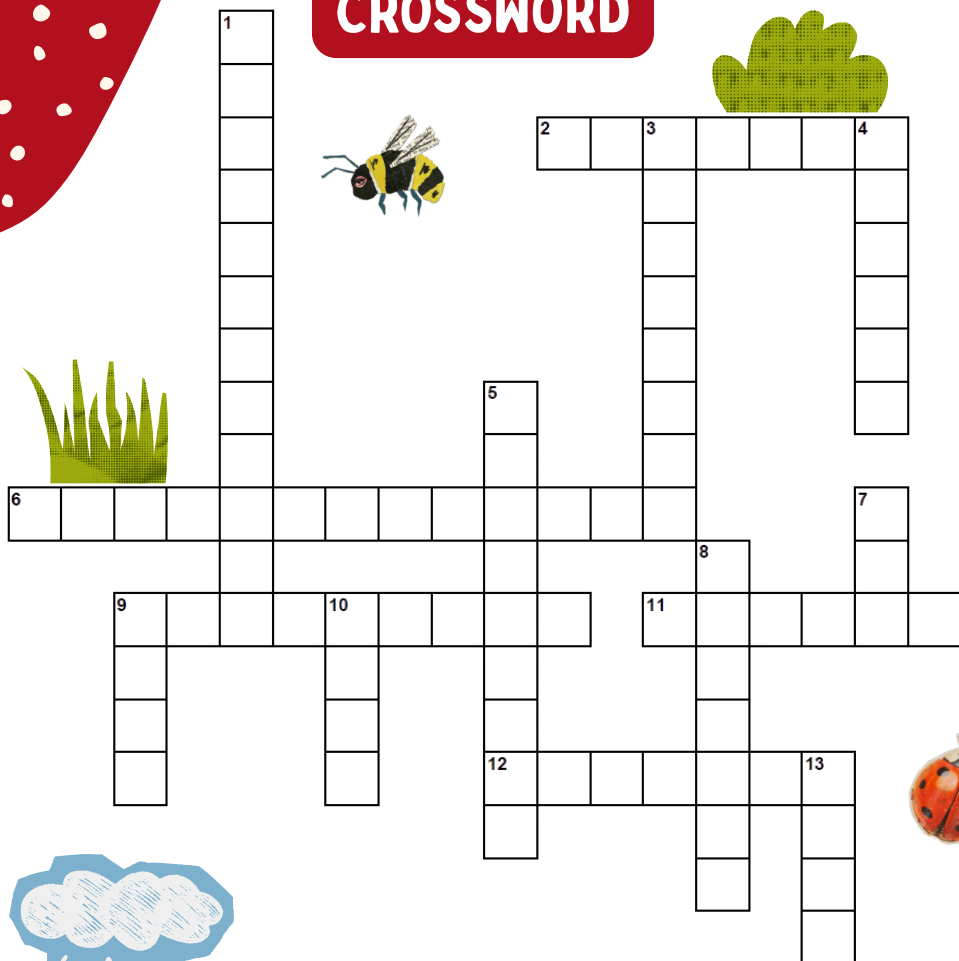
HOW DOES MY BODY FEEL THIS WEEK?

WHAT'S MADE ME FEEL MY BEST THIS WEEK?



Did you know engaging in more activities for your **physical health** can also improve your **mental health!**

CROSSWORD



How to Play:

Read the clue.

Find the matching number in the grid.

Write the answer in the boxes, one letter per box.

Across = left to right, Down = top to bottom.

Across

- [2] Fluffy white cloud
- [6] Water falls from the sky
- [9] Tall yellow flower
- [11] Place plants grow
- [12] Red bug with spots

Down

- [1] Protecting nature
- [3] Very tall hill
- [4] Season for flowers
- [5] Colourful flying insect
- [7] Producer of honey
- [8] Bright arch after rain
- [9] You plant this
- [10] Part of plant
- [13] Increase in size

SCREEN TIME TRACKER

This page is about progress, not perfection.

Since your last check-in, what's changed?

Look at your patterns with curiosity. What's getting easier?

What still feels challenging?

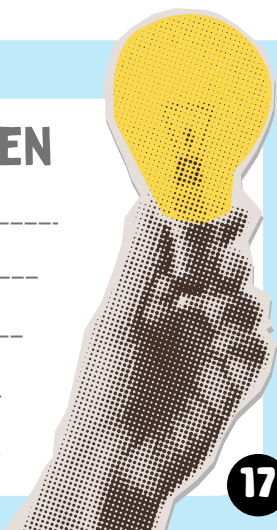
Days of the week

	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Screen time hours

**HOW DO I FEEL ABOUT MY
SCREEN TIME THIS WEEK?**

**WHAT HELPED IN REDUCING MY SCREEN
TIME?** _____



WHAT CHALLENGES DID I HAVE IN REDUCING MY SCREEN TIME?



IS THERE ANYTHING I'D LIKE TO TRY DIFFERENTLY?

**IF I REDUCE MY SCREEN TIME BY _____ HOURS THIS WEEK
IT EQUATES TO _____ HOURS PER MONTH**

WHAT IS SOMETHING I COULD DO WITH THIS TIME?

HOBBIES AND CONNECTIONS



THINGS I WANT TO TRY:

SOMETHING FUN I COULD ORGANISE WITH MY FRIENDS:

☒ Keep track!

☐ HAVE A PICNIC
OR POT LUCK
WITH FRIENDS



☐ HAVE A
GAMES NIGHT

☐ GO AND
WATCH A
SPORTS GAME



☐ SPEND AN
AFTERNOON
CRAFTING

ACTIVITY IDEAS



☐ GO TO THE
BEACH OR
PARK

☐ GO TO A
COMMUNITY
EVENT



☐ HAVE A
THEMED
MOVIE NIGHT



GROWTH AND FUTURE IDEAS



A BUSINESS IDEA I HAVE:

HOW COULD I GET STARTED?

CAREER/JOB GOALS

Check out the opportunities
on the Banyule/Nillumbik
Youth Jobs Hub Notice Board



WHAT DO I NEED TO TIDY UP TO MAKE MY SPACE FEEL CALMER?

- ☐ Make my bed
- ☐ Tidy my desk
- ☐ Put clothes away
- ☐ Open a window
- ☐ Donate 3 items I don't use
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

GIVING BACK!

- Volunteering (see page 28)
- Helping at home (tidy the kitchen, vacuum the lounge room, wash and put away the dishes)
- Cleaning out my old clothes and donating them



SELF CARE CHECK IN

WHAT DO I NOTICE WHEN I'M NOT FEELING MY BEST?

WHAT THINGS DO I LIKE DOING/WANT TO DO FOR MY PHYSICAL HEALTH?

WHAT THINGS DO I LIKE DOING/WANT TO DO FOR MY MENTAL HEALTH?

SIMPLE SELF CARE TIPS!

- Take 5 slow deep breaths
- Drink a glass of water
- Journal your thoughts
- Step outside for fresh air or sunlight
- Stand up and stretch
- Wash your face or have a shower

WHAT HELPS ME MAINTAIN HEALTHY RELATIONSHIPS WITH MY FRIENDS/FAMILY?

WHAT ARE SOME THINGS THAT I SHOULD AVOID?

WHO CAN I GO TO FOR SUPPORT?



See page 27 for Support Services

MY GO-TO COMFORT LIST:

My safe activities:

Comfort TV shows/movies:

Music that helps:

Places I can go:



SCREEN TIME TRACKER

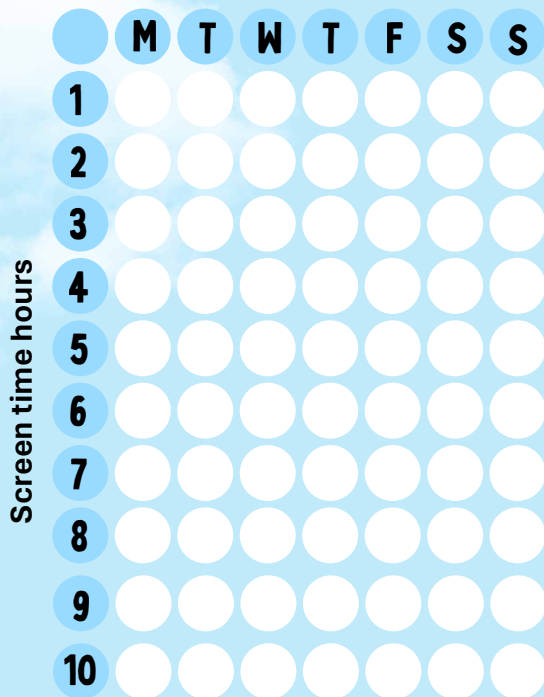
You've been reflecting throughout this book — noticing your habits, your patterns, and your progress.

Now let's take one final look.

Use the graph below to see the bigger picture of your screen time.

Not to judge it. Not to criticise it. Just to understand it.

Days of the week



What daily patterns do I notice?

WHAT HELPED IN REDUCING MY SCREEN TIME THIS WEEK?

WHAT HAVE I LEARNED ABOUT MY SCREEN HABITS?



WHAT DO I NOTICE WHEN I HAVE LESS SCREEN TIME?

WHAT HABITS DO I WANT TO KEEP?



Remember it's okay if some days feel harder than others.

You might spend more time on screens than you planned, or forget to check in with yourself and that's fine.

The important thing is to notice without judging. Take a breath. Pause. Reset. Come back to your intentions whenever you need to. Every step, even the small ones, counts toward understanding and building balance.

PHYSICAL HEALTH CHECK IN

SET A GOAL AND TRACK SOME DAILY HABITS HERE:



WATER INTAKE

Example : To drink 4 cups of water each day

My goal is: _____

Tick each day you reach your goal:

M T W T F S S

☐☐☐☐☐☐☐

FRUIT AND VEG

Example: I will eat one piece of fruit a day!

My goal is: _____

Tick each day you reach your goal:

M T W T F S S

☐☐☐☐☐☐☐

SLEEP

Example : To go to bed at 10pm each night

My goal is: _____

Tick each day you reach your goal:

M T W T F S S

☐☐☐☐☐☐☐

MOVEMENT

Example : To exercise once per day

My goal is: _____

Tick each day you reach your goal:

M T W T F S S

☐☐☐☐☐☐☐

HOW DOES MY BODY FEEL THIS WEEK?

WHAT'S MADE ME FEEL MY BEST THIS WEEK?

PERSONAL REFLECTIONS



I AM PROUD OF MYSELF FOR

3 THINGS I AM GRATEFUL FOR ARE



A CHALLENGE I HAVE RECENTLY OVERCOME IS



PICNIC GAMES TO PLAY WITH FRIENDS:

5-Second Rule

Example "Name 3 icecreams!"
You only have 5 seconds to answer

Heads Up - No phone version

Write something (person, place, thing) on paper, hold to forehead, friends give clues.

Categories

Pick a category (food, countries ect.) and go around naming one each. No repeats!

Hum that tune!

Pick a song and hum that tune!
Have your friends try and guess

20 Questions

Think of something.
Have your friends try guess with only yes or no questions.

Charades

Act out a word, movie or song, using only actions!

SUPPORT SERVICES

13YARN (13 92 76)

The national crisis support line for mob who are feeling overwhelmed or having difficulty coping. We offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week.

MINUS18

Minus18 is an organisation making queer young people feel seen, supported, and celebrated in Australia.
minus18.org.au

HEADSPACE

An online mental health organisation providing information, support and resources for young people.
headspace.org.au

KIDS HELPLINE

A free, confidential 24/7 counselling service for young people in Australia.
Hotline: 1800 55 1800
kidshelpline.com.au

YOUTH SUPPORT & ADVOCACY SERVICE (YSAS)

Offers counselling, support and education programs for young people, including those living with a disability.
ysas.org.au

BANYULE YOUTH SERVICES



Part of the Banyule Council, providing programs, activities and individual support for young people aged 12-25 years in the Banyule community.
9457 9855 banyuleyouth.com

Activity Answers: Sandcastle [1] Conservation [1] Crossword p16: Sunscreen [6] Precipitation [1] Garden [1] Ladybug [1] [2] [7] Bee [7] Grow [1] [3] [8] Rainbow [8] Mountain [3] [3] Cumulus [2] Saltwater [2] Sunset [3] [4] Spring [4] Butterfly [5] [5] [10] Leaf [10] Tropical [10] Surfboard [10] Lifeguard [10] Beachball [10] Word Scramble (pg) Sandcastle [1] Conservation [1] Crossword p16: Sunscreen [6] Precipitation [1] Garden [1] Ladybug [1] [2] [7] Bee [7] Grow [1] [3] [8] Rainbow [8] Mountain [3] [3] Cumulus [2] Saltwater [2] Sunset [3] [4] Spring [4] Butterfly [5] [5] [10] Leaf [10]

COMMUNITY AND INSPIRATION!

THINGS TO DO INSTEAD OF SCROLLING

JETS STUDIO AND BYS

We offer a range of FREE groups & programs that young people (ages 12-25 years old) can get involved in across Banyule.

Scan the QR code for more!



JOIN A LOCAL CLUB

Banyule is home to loads of sporting groups and clubs. Scan this QR code to see if your favorite sport has a local club! Why not join!



BANYULE YOUTH SUMMIT

The Banyule Youth Summit runs every two years and brings together 100 young people to make change in their community.

Reach out to the Banyule Youth Services team to find out about how to get involved!



VOLUNTEERING

Volunteering is a great way to give back to your community whilst gaining valuable experience and skills.

You can find volunteer opportunities through our newsletter, online volunteering websites and the Diamond Valley Volunteers Hub.

NILLUMBIK YOUTH HUB

Nillumbik Youth Hub in Diamond Creek has drop in sessions on Tuesday, Wednesday and Thursday between 3-6pm.

Visit website for more!

SUBSCRIBE TO OUR NEWSLETTER



Sign up for the Banyule Youth Services Newsletter so you can stay up to date about new events, programs and other exciting opportunities!

YOUTH FEST

YouthFest is an annual event that celebrates young people and youth culture, proudly hosted by Banyule Youth Services.

YouthFest is an event created by young people, for young people.



SCHOOL HOLIDAY PROGRAMS

Each school holidays Banyule Youth Services run a range of free & low cost events and workshops for young people.

Info and booking:





BanyuleYouthServices



banyuleyouth@banyule.vic.gov.au



banyuleyouth.com



Banyule Youth Services



@banyuleyouth



ENGAGE!



Banyule
City Council

