



SCREEN TIME GUIDELINES FOR PC

Use your PC with balance and purpose.
Good habits today, better tomorrow!



1



SET A TIME LIMIT

- Decide how much time you will spend on your PC each day.
- Stick to your limit and avoid endless "just one more minute".



2



USE IT WITH PURPOSE

- Use your PC for learning, research, creativity, and important tasks.
- Avoid unnecessary browsing and distractions.



3



TAKE REGULAR BREAKS

- Follow the 20-20-20 rule:
Every 20 minutes, look at something 20 feet away for 20 seconds.
- Take a 5-10 minute break every hour.



4



PROTECT YOUR EYES & POSTURE

- Keep the screen at eye level and sit up straight.
- Keep the screen about an arm's length away.
- Adjust brightness and text size for comfort.



5



NO PC BEFORE BED

- Avoid using your PC at least 1 hour before sleep.
- This helps your mind relax and improves sleep quality.



6



BALANCE IS THE KEY

- Spend time on hobbies, exercise, and family.
- Real-life experiences are just as important.



7



KEEP YOUR DESKTOP CLEAN

- Organize your files and desk space.
- A clean space helps you stay focused and productive.



8



STAY SAFE ONLINE

- Never share personal information.
- Use strong passwords and avoid suspicious links.
- Be kind and respectful in online interactions.



9



BE CONSISTENT AND DISCIPLINED

- Follow your routine every day.
- Self-control now builds a better future.



DAILY PC TIME SUGGESTION (GENERAL GUIDE)

AGE GROUP	RECOMMENDED PC TIME (NON-ACADEMIC)
6 – 12 years	Up to 1 hours
13 – 18 years	Up to 2 hours
18+ years	Up to 3 hours

Note: Time may vary based on academic needs and lifestyle.



Quality matters more than quantity!



BENEFITS OF BALANCED PC USE

- ✓ Better focus and productivity
- ✓ Improved physical and mental health
- ✓ Stronger relationships
- ✓ More time for hobbies and real-life experiences
- ✓ A more positive and fulfilling life



USE YOUR PC WISELY. BALANCE TODAY, SUCCEED TOMORROW!

