Today in class, we completed the eSmart lesson:

Hooked by design



Take home messages for families:

Design features influence our choices

Many apps, games and websites include design features that encourage people to keep watching, scrolling or playing. Helping children recognise these features can build their understanding of how technology is designed to capture attention.

Talk about technology design

Ask your child about the design features they explored in class. Discuss which features they notice in the apps, games and websites they use, and how those features can influence their decisions and screen time habits.

Encourage mindful technology use

Understanding how technology is designed can help young people make more intentional choices online. Taking breaks, turning off unnecessary notifications and setting screen time boundaries can support healthy digital habits.

Not all technology has to be distracting

In class, students explored ways technology could be redesigned to support digital balance rather than compulsion. Families can encourage conversations about what makes a technology experience helpful, respectful and user-friendly.

Design for balance

Young people can be creators as well as consumers of technology. By thinking critically about design features and their impact, students can imagine and create technology that helps people stay in control of their attention, time and wellbeing.

eSmart

Learn more about balanced screen time in this article: https://bit.ly/CompulsionPG

Browse more online safety resources: **be.esmart.org.au**

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