

starting points

DIGITAL HEALTH

The Push-Up Challenge is proud to share a few digital wellbeing tips from our friends at the not-for-profit [Screen Sanity Australia](https://screensanity.org.au). Their mission is to help families, schools, and communities thrive in a tech-filled world – and that starts with practical, doable habits we can all adopt.

Introducing Screen Sanity's **START** Framework – five simple, research-backed principles for anyone wanting healthier digital balance in their life:

S

START WITH YOURSELF

Your digital habits set the tone. Take time to reflect: Are your tech choices aligned with your values and wellbeing goals? What you model matters – to your kids, colleagues, and even yourself.

T

TABLES & BEDTIMES

Keep devices off the dinner table and out of the bedroom. These screen-free zones help protect what matters most – relationships, rest, and real connection.

A

ACCOUNTABILITY

Build in systems that keep your tech use intentional. Set app limits, use screen time reports, or partner with a friend to stay mindful. We're all better with a little accountability.

R

RIDE. PRACTICE. DRIVE

Approach new tech with curiosity and caution. Before diving in, observe how it's used, experiment with boundaries, and build confidence gradually – whether it's a new platform, app, or device.

T

TIME WELL SPENT

Shift your mindset from passive scrolling to purposeful use. Prioritise tech that helps you create, connect, or contribute – not just consume.

Big change starts small. If you're looking to feel better about your tech use –
The Screen Sanity START Framework is a powerful place to begin.