



Fact Sheet

WHAT DOES WORK/LIFE BALANCE LOOK LIKE IN AN OVERSTIMULATED SOCIETY?



GUESTS:

Michael Woods - Michael Woods is the Co-Founder and Creative Director of Media Saints, a leading educational game development company radically changing the way games and technology are used in classrooms in Australia. Michael is your classic tech start up success story – dropping out of university to start Media Saints he quickly partnered up with leading educational publisher Jacaranda. Together the duo built Knowledge Quest, a revolutionary game that has changed the way middle school students learn English.

Sally-Anne McCormack - Sally-Anne McCormack is a Clinical Psychologist and a media consultant. She is a former teacher, author of two books, *Stomp Out The ANTs - Automatic Negative Thoughts* and *Living With ANTs*, as well as creating a poster, "Which ANT Are You?". Sally-Anne currently works in private practice with adults suffering from depression, anxiety, stress and various personal issues, but is probably best known for her work with children and adolescents covering many areas and for her parenting and behavioural management advice.

STATISTICS:

- In 2010-11, 83% of households had access to a computer at home. Since 2006-07, household computer access has increased by 10 percentage points.
- The percentage of Australian households with access to the Internet at home has



Fact Sheet

continued to increase, from 64% in 2006-07 to 79% in 2010-11.

- Households with access to the Internet were asked how frequently they accessed the Internet at home. In 2010-11, most households (77%) were using the Internet every day. A further 20% of households were using the Internet at least weekly.
- Home was the most popular location of Internet use. Of the persons who had accessed the Internet in the previous 12 months, 95% did so at home. The next most popular locations of access were work (49%), and a neighbour's, friend's or relative's house (36%).
- In 2010-11, of the 13.3 million people who reported accessing the Internet at home, the top three reported activities were: Emailing (91%); Research, news and general browsing (87%); and Paying bills online or online banking (64%).
- Social networking and online gaming was performed by 88% of Internet users in the 15-17 years age group and 86% of Internet users in the 18-24 years age group.
- At the end of June 2011, there were 9.7 million mobile handset subscribers in Australia able to access the Internet via mobile phone.
- Constant Internet usage may cause sleep deprivation and trigger mental illness such as depression.

IDENTIFYING PROBLEM AREAS:

- To help you see problem areas, keep a log of how much you use the Internet for non-work or non-essential activities. Are there times of day that you use the Internet more? Are there triggers in your day that make you stay online for hours at a time when you only planned to stay for a few minutes?
- Set goals for when you can use the Internet. For example, you might try setting a timer, scheduling use for certain times of day, or making a commitment to turn off the computer, tablet, or smart phone at the same time each night. Or you could reward yourself with a certain amount of online time once you've completed a homework assignment or finished the laundry, for instance.



Fact Sheet

- Replace your Internet usage with healthy activities. If you are bored and lonely, resisting the urge to get back online can be very difficult. Have a plan for other ways to fill the time, such as going to lunch with a coworker, taking a class, or inviting a friend over.

WEB LINKS:

www.mediasaints.com.au

www.mediasaints.com/whackabone

www.sally-annemccormack.com.au

REFERENCES:

<http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/192B7AFC26FF3538CA25796600152BDF?opendocument>

<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/1301.0~2012~Main%20Features~Information%20and%20communication%20technology~36>

http://www.helpguide.org/mental/internet_cybersex_addiction.htm