## Case studies

**Case Study 1: Excessive screen time and lack of sleep**

Situation: Max, a 12-year-old pupil, has recently struggled to concentrate in class. He spends many hours a day on his computer and smartphone for school work, social media, and games. Max complains of tiredness and has difficulty falling asleep.

**Resources and support:**

* Parental support: Max's parents set limits on screen time, especially before bedtime.
* School workshop: The school offers a workshop on time management and healthy use of digital media.
* Counseling: Max talks to the school psychologist about his sleep problems and receives tips for better sleep hygiene.

**Case study 2: Stress caused by online learning**

Situation: Lisa, a 14-year-old pupil, feels overwhelmed by the pressure of online lessons and constant emails from teachers. She feels she must always be "online" and can't take breaks.

**Resources and support:**

* Teachers are encouraged to set precise communication times and give realistic assignment deadlines.
* Peer support groups: Lisa joins an online support group where students share tips for dealing with stress in distance learning.
* Parent talks: Lisa's parents talk to her about the importance of breaks and help her to create a balanced daily schedule.

**Case Study 3: Cyberbullying**

Situation: Jonas, a 13-year-old pupil, is being bullied on social media. This leads to anxiety and the desire to avoid school. He feels helpless and does not know how to deal with the situation.

**Resources and support:**

* Anti-bullying program: the school introduces an anti-bullying program that raises awareness and educates students about the consequences of cyberbullying.
* Counseling and support: Jonas receives support from a school counselor and learns how to deal with bullying and how to turn to trusted adults.
* Parent work: Parents are involved in finding a solution and receive information on how they can support their child.

**Case study 4: Information overload and stress**

Situation: Emma, an 11-year-old pupil, feels overwhelmed by the constant flood of information and notifications from her tablet. She has difficulty concentrating and prioritizing.

**Resources and support:**

* Technology workshops: The school offers workshops on using digital tools effectively and managing notifications.
* One-on-one sessions: Emma has one-on-one sessions with a teacher who helps her organize and prioritize her tasks.
* Relaxation techniques: Emma learns relaxation techniques and mindfulness exercises to reduce stress in a school program.