

E-safety

Physical health

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Activity 1



Are these statements true or false?

	Question	True or False
1	Looking at a screen for a long time can cause eyestrain	
2	Not taking regular breaks when using a computer can cause tiredness	
3	Using computing devices for a long time improves health	
4	Not sitting in the correct posture can cause back pain, neck pain and pain in other parts of the body	
5	Looking at a screen constantly can cause headaches	

