

**E-safety****Physical health****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                                                    |               |

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**LIVEWORKSHEETS**