

CREDENCE HIGH SCHOOL

Digital Responsibility: Safety, Balance and Smart Choices

GRADES

Grade 6 – Grade 8

Date

Monday, 18 May 2026



Digital Responsibility: Safety, Balance & Smart Choices

Dr. Sreehari Ramachandran
Clinical Psychologist,
Zivanza Wellness, DHCC.

Be smart • Be safe • Stay balanced



● INTENT

The session was designed to create awareness among students about the impact of excessive screen use and to promote responsible digital behaviour. The primary intent was to help learners reflect on their own technology habits and understand the importance of maintaining a healthy balance between online and offline life. The session also aimed to equip students with practical strategies for safe internet use and mindful engagement with digital platforms.

● EXPERIENCE

The session was very interactive, with students participating in discussions and reflection. Using real-life examples, Dr. Sreehari helped them examine their screen habits and reactions when asked to stop device use. Students reflected on the physical and emotional effects of excessive smartphone use, including reduced attention, irritability, sleep disruption, and dependence on constant online engagement. They also considered what they may be missing offline and identified small, practical steps to improve their social, emotional, and physical well-being.

● INSIGHT

Dr. Sreehari Nair, Clinical Psychologist at Zivanza Wellness, highlighted how digital devices are designed to capture attention and how excessive use can affect attention span, sleep quality, emotional regulation, and overall wellbeing. Key insights included the role of dopamine-driven reward systems in reinforcing screen habits, the effects of blue light on sleep, and the behavioural signs of problematic screen use. The session also reinforced the importance of respectful online behaviour, and the need for strong support systems.

