

CHALLENGE SUMMARY SHEET

Category 3: Ages 11-19

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| Organisation/ School Name: | | Stradbroke High School | |
| Team Name (optional) | | | |
| Student First Name | Student Last Name | Age | |
| Jessica | Brown | 15 | |
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Briefly explain your creation and **how** it could help people make healthy choices for their physical, mental and financial health and wellbeing?

My creation /piece of art shows the effect phones and social media has on a person's wellbeing as they are drawn into a world of constant advertisements, ~~and~~ sales and peer pressure which are all represented by the dark, reaching hands.

What did you learn about health and wellbeing from taking part in the Young Money Challenge?

I learnt the negative effects that too much screen time can have on your mental health and how this can be prevented by choosing to keep an eye on your screen time and being aware of the advertisements presented to you.

What did you learn about money management from taking part in the Young Money Challenge?

From taking part in the youth money challenge I have learnt how easy it is to spend money and forget managing it entirely when on social sites and presented with advertisements everyday that you might not usually see otherwise and therefore you might spend more money unconsciously.

What advice would you give people to help them look after their health and wellbeing and their finances?

Some advice I would give to help people look after their mental health and finances would be to keep an eye on your screen time and be aware that you do not ~~now~~ need material products to be happy and what you see online isn't always the truth.

If your entry was to win the Young Money Challenge, how would you spend your prize voucher in a way that supports your overall health and wellbeing?

If I was to win the Youth Money Challenge I would put the prize money towards a new pair of trainers for my running to improve my overall health as running helps to clear my mind, exercises my body and makes me feel so much better afterwards as well as getting me away from my phone screen.

