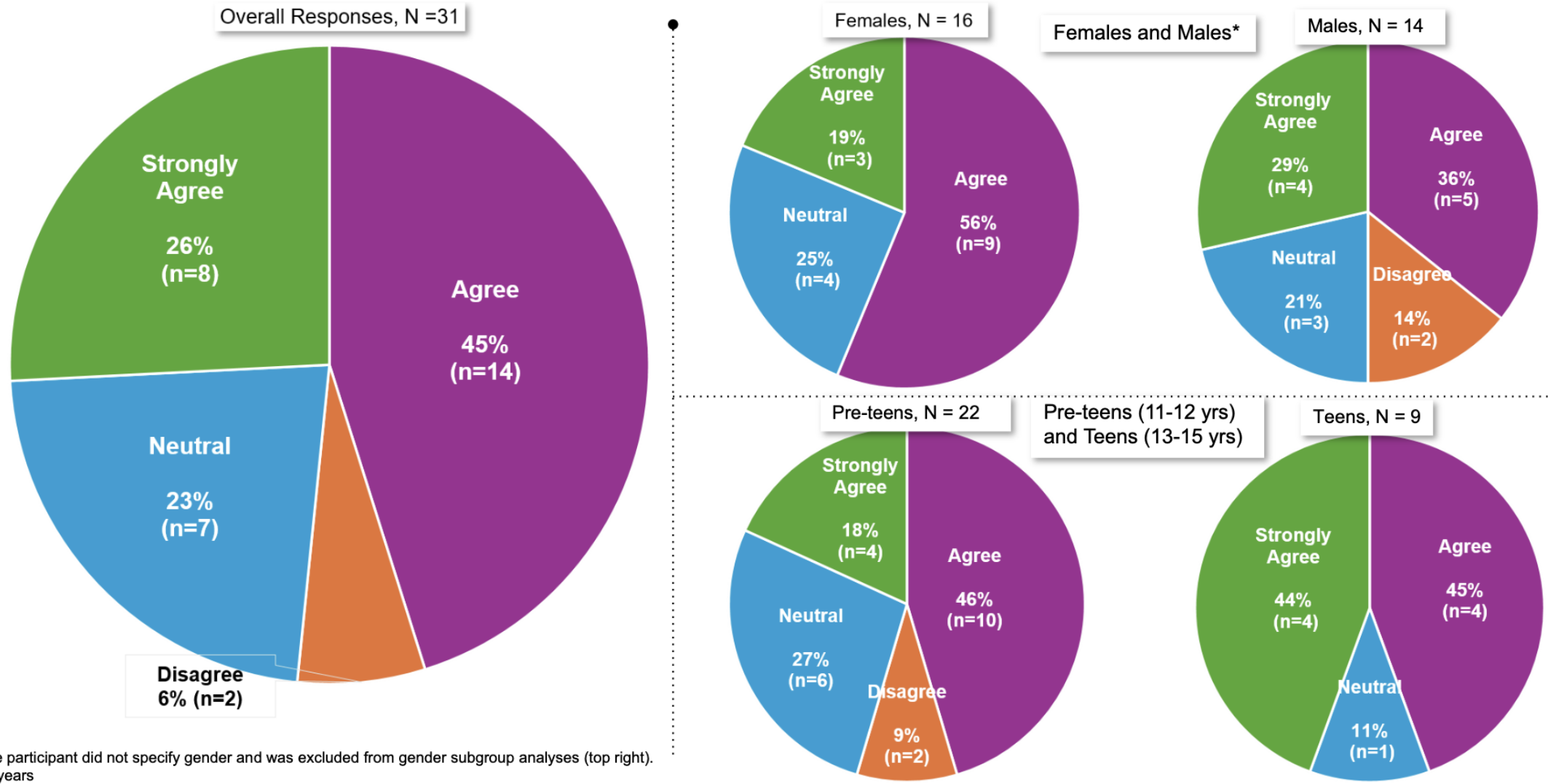
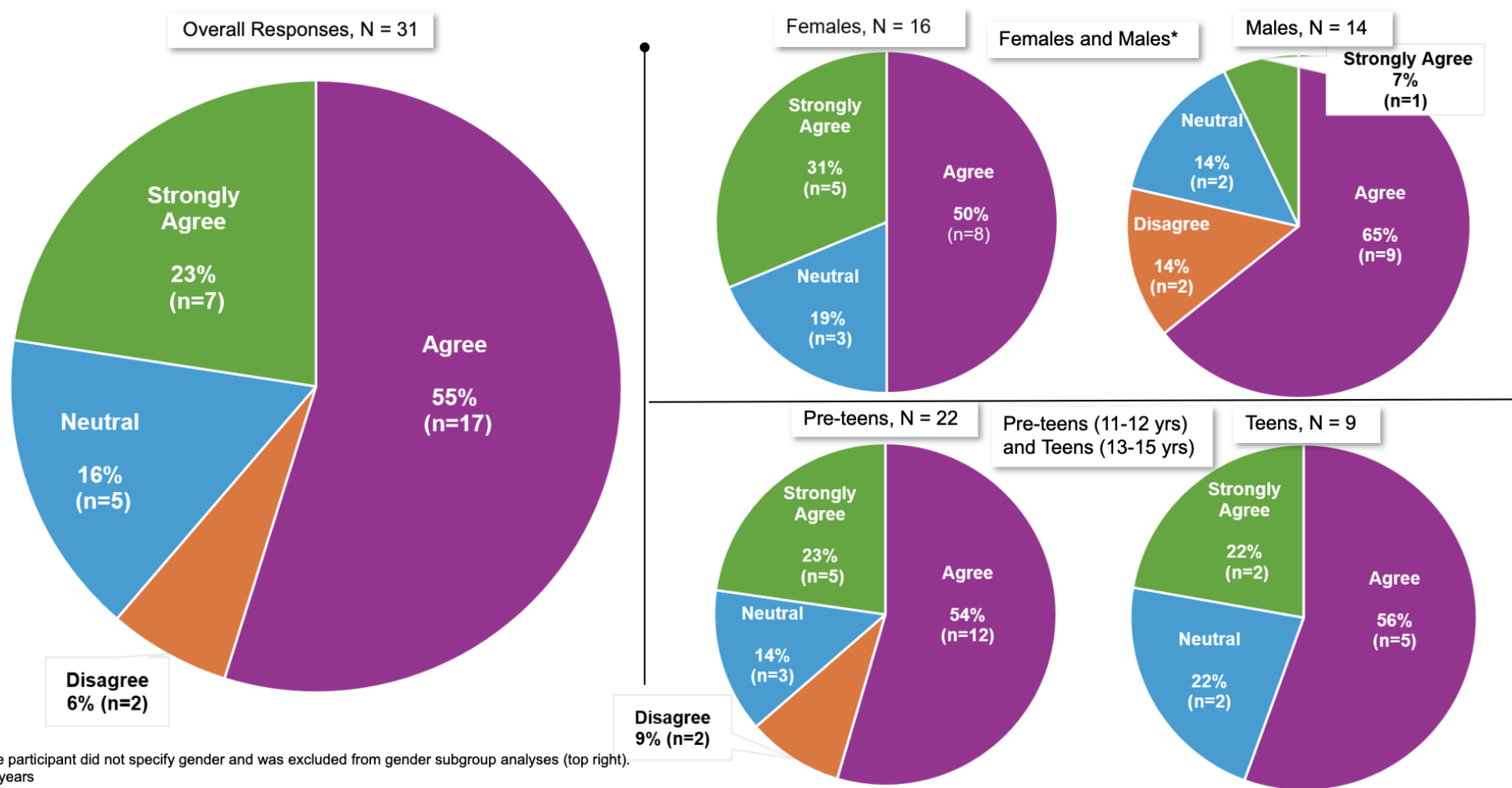


Supplementary Figure 1. Final reflection survey results from Statement 1: After the Success4Life workshops, I understand how screen time affects my wellbeing and productivity.

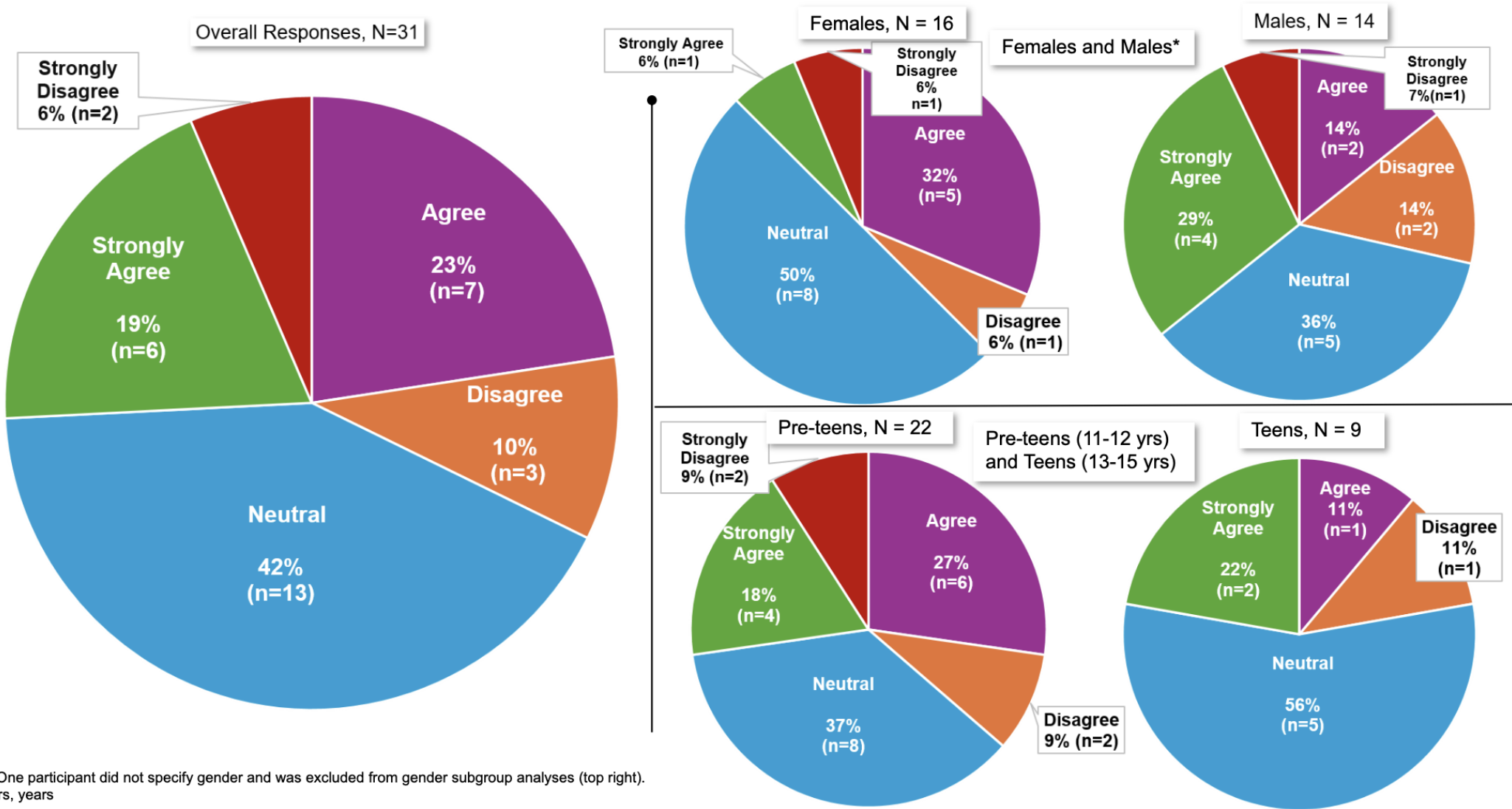


Supplementary Figure 2. Final reflection survey results from Statement 2: After the workshops, I can now explain at least one strategy to reduce doom scrolling and improve digital wellbeing



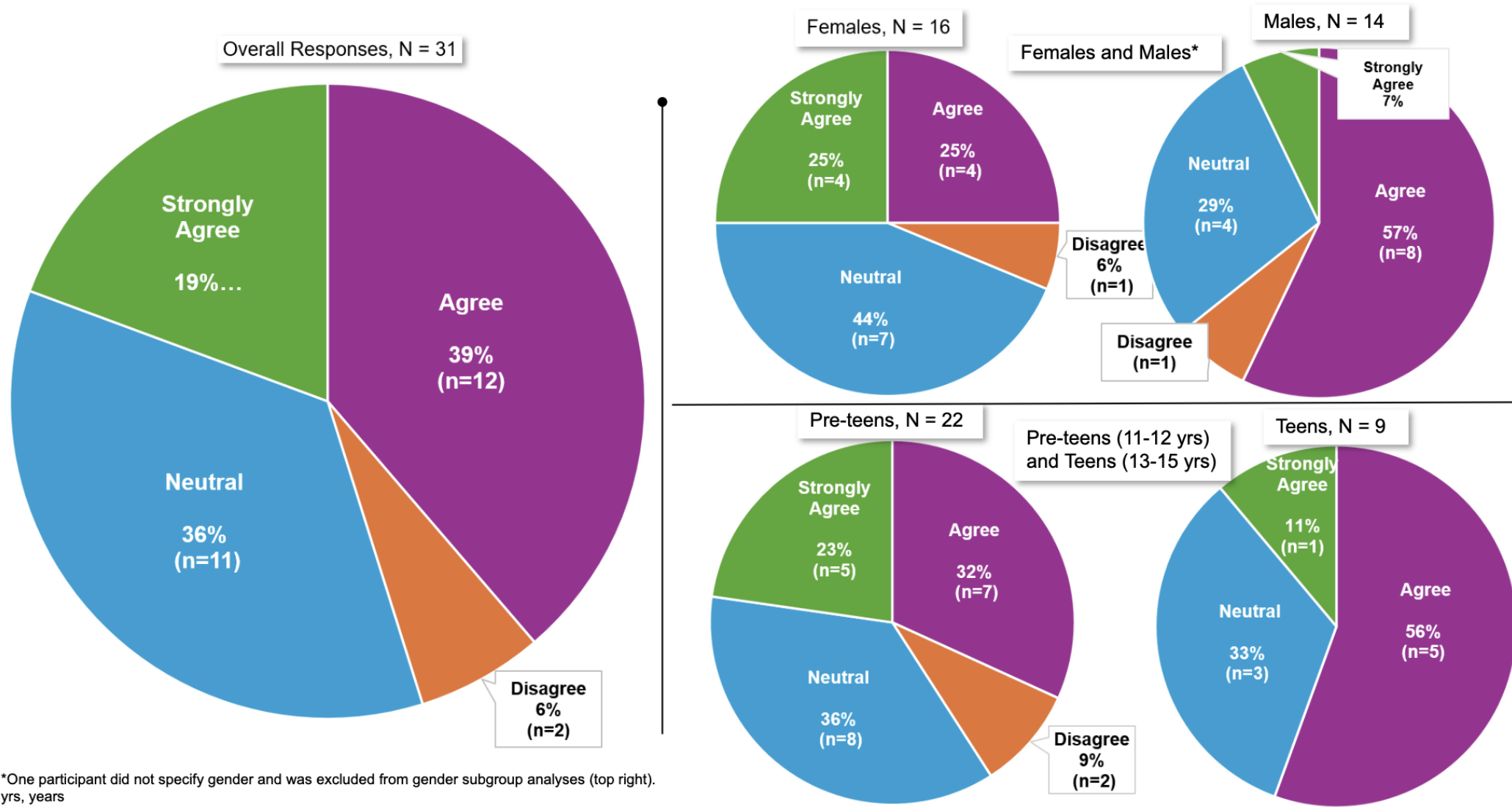
*One participant did not specify gender and was excluded from gender subgroup analyses (top right).
yrs, years

Supplementary Figure 3. Final reflection survey results from Statement 3: The workshops helped me realise the importance of managing screen time for better sleep and focus

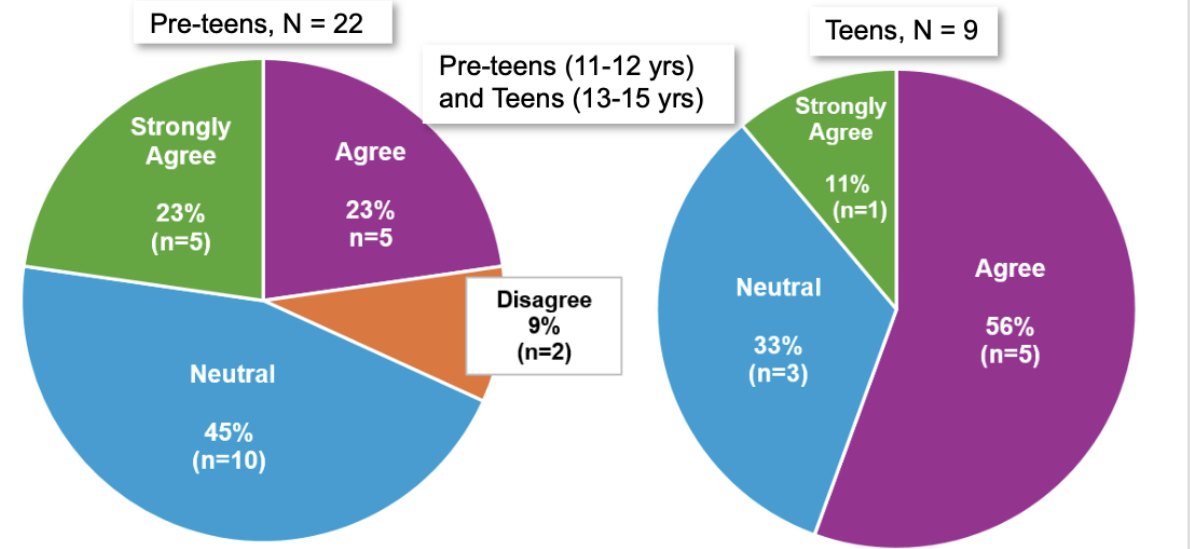
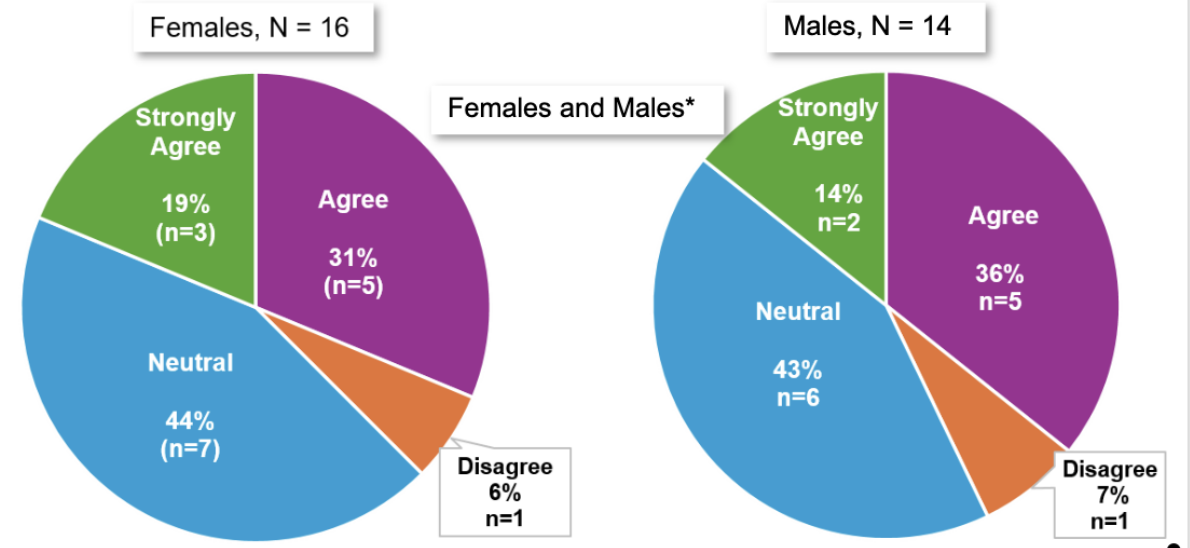
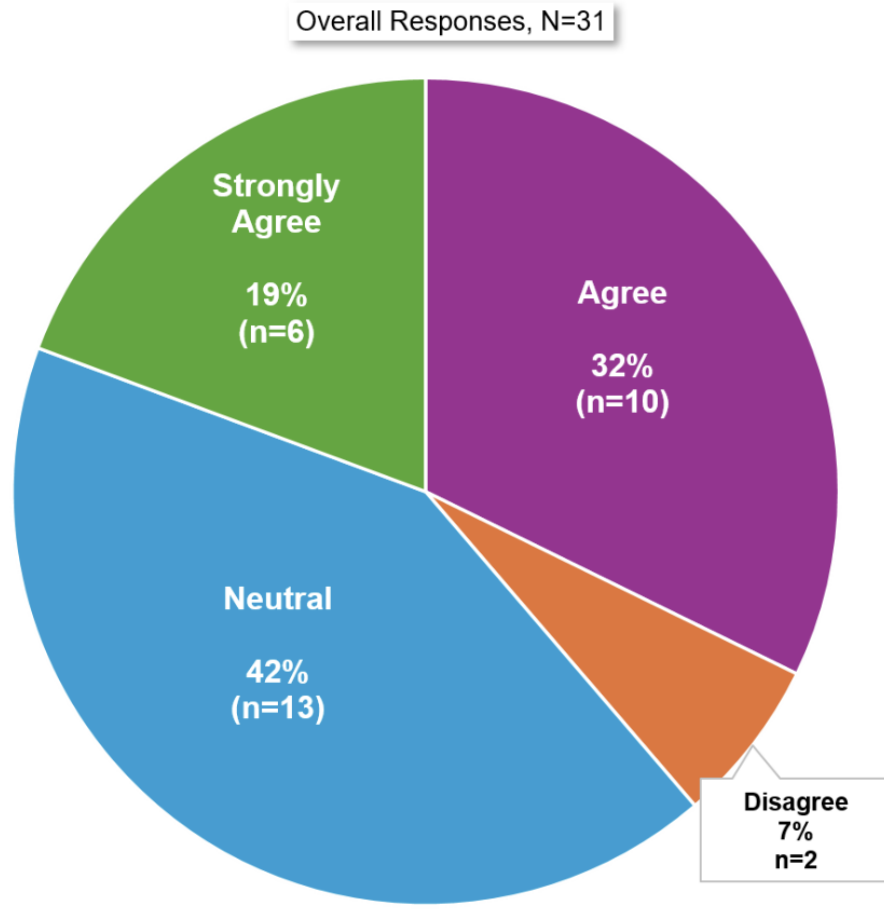


*One participant did not specify gender and was excluded from gender subgroup analyses (top right). yrs, years

Supplementary Figure 4. Final reflection survey results from Statement 4: I am now more likely to keep my phone and laptop outside my bedroom at night

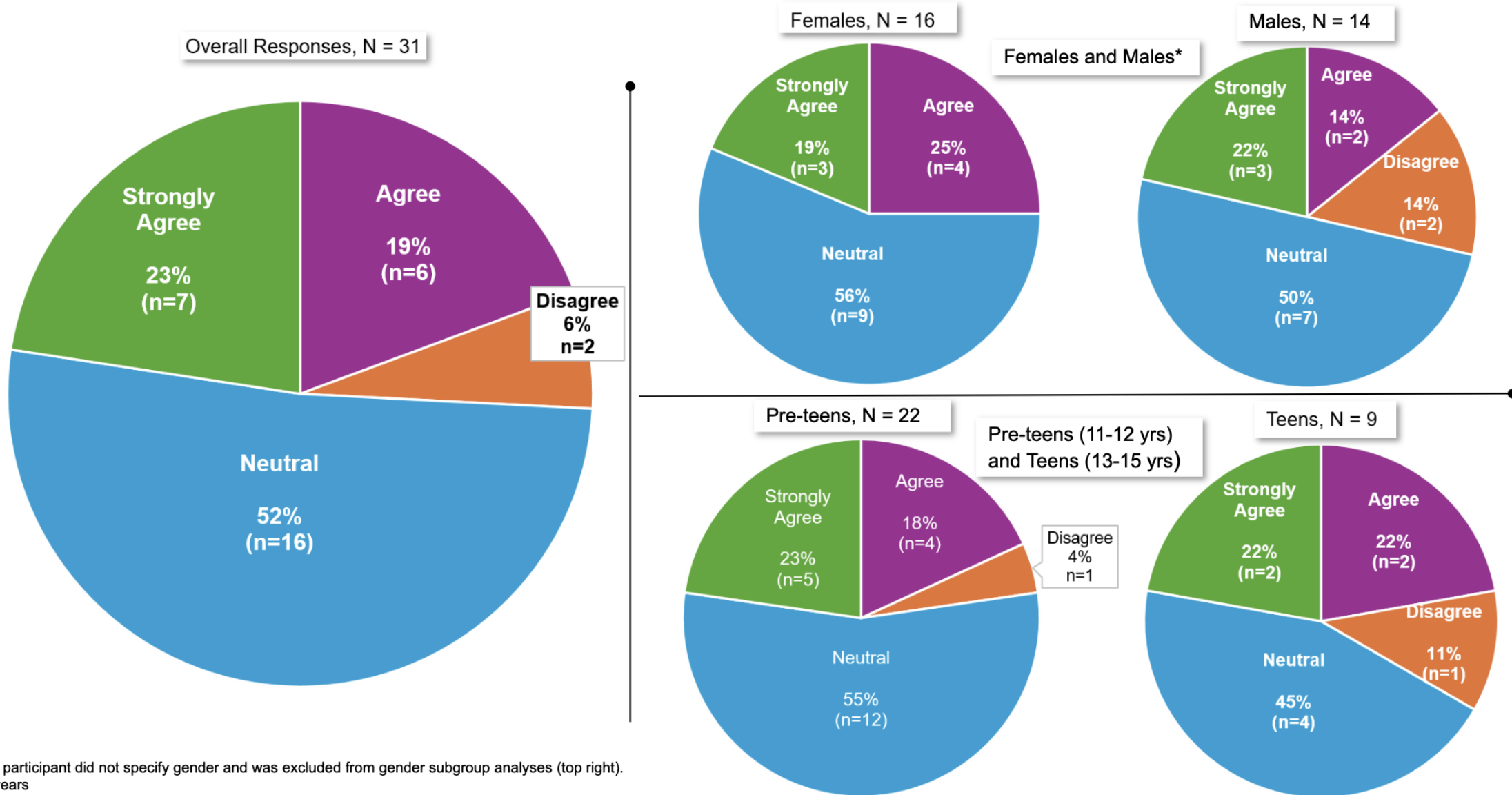


Supplementary Figure 5. Final reflection survey results from Statement 5: I am now more likely to distance myself from my phone while studying



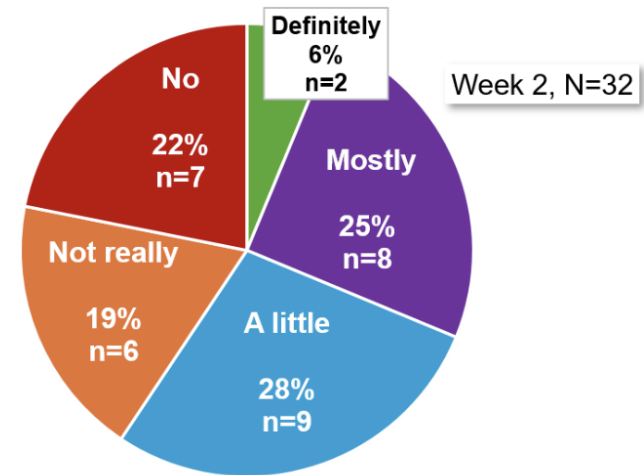
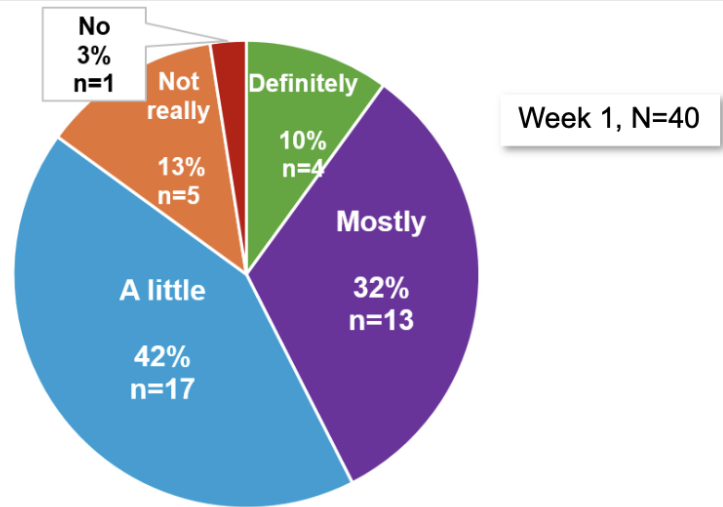
*One participant did not specify gender and was excluded from gender subgroup analyses (top right).
yrs, years

Supplementary Figure 6. Final reflection survey results from Statement 6: I am now more likely to avoid apps like Instagram and TikTok when I need to stay focused

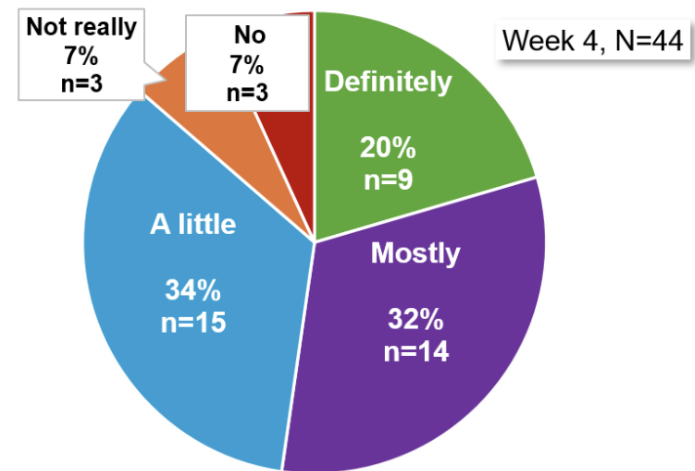
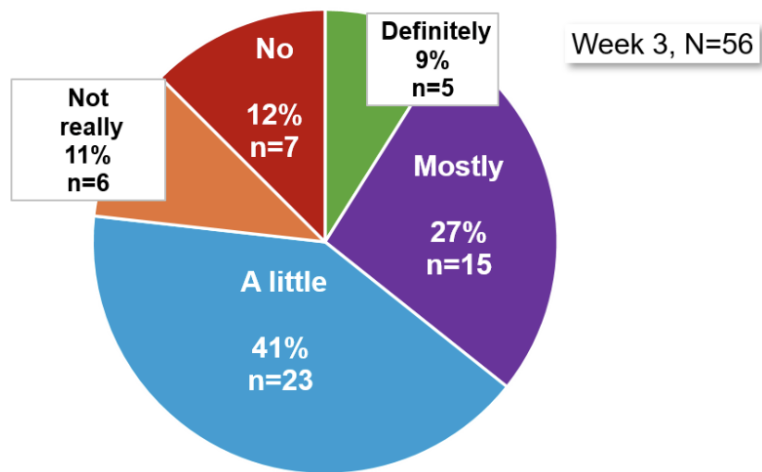


*One participant did not specify gender and was excluded from gender subgroup analyses (top right).
yrs, years

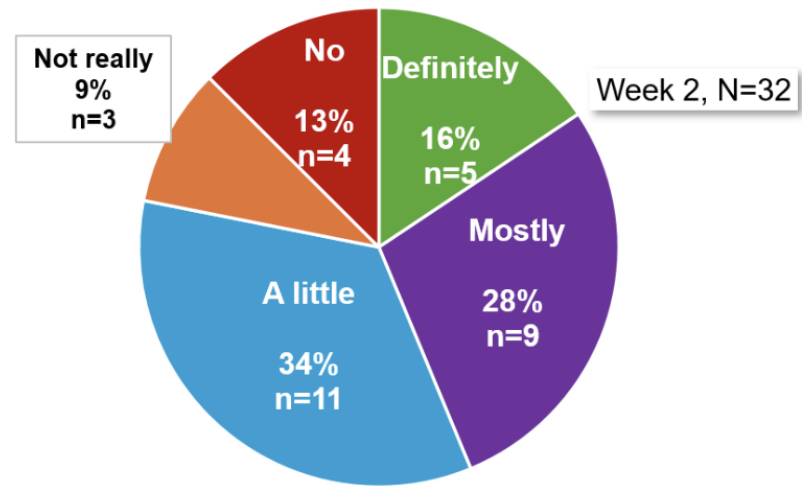
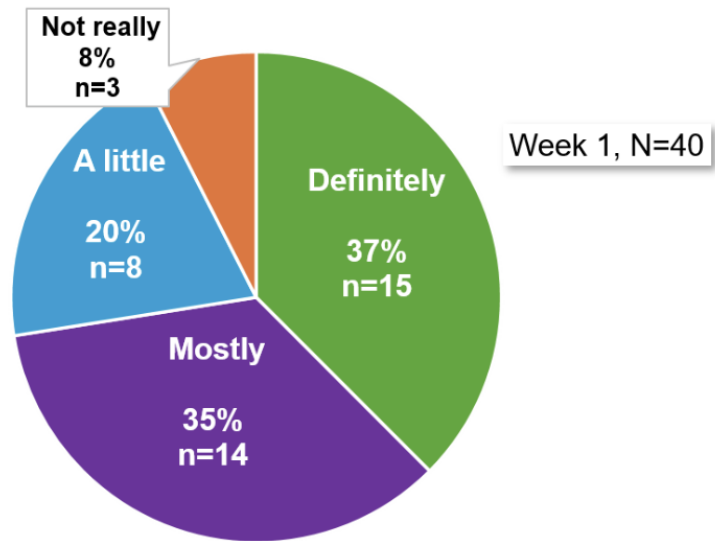
Supplementary Figure 7. Final reflection survey results from Statement 7: I am now more likely to use bloom scrolling instead of doom scrolling.



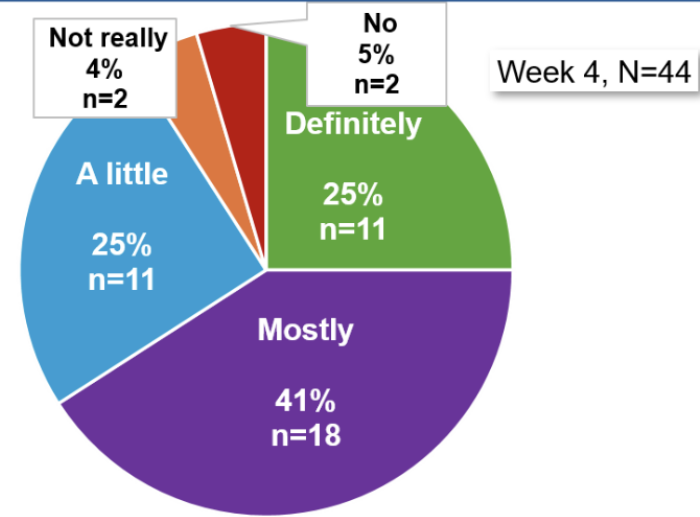
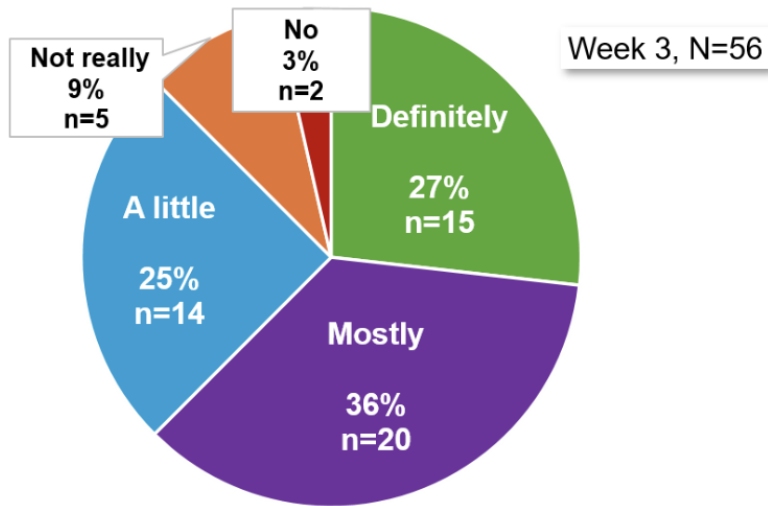
Reports of 'having fun' were highest in Week 4, with the most 'Definitely' responses (20%) and the fewest 'No/Not really' responses (14%).



Supplementary Figure 8. Responses for 'I had fun in this workshop' from end of workshop feedback surveys with Year 7 students

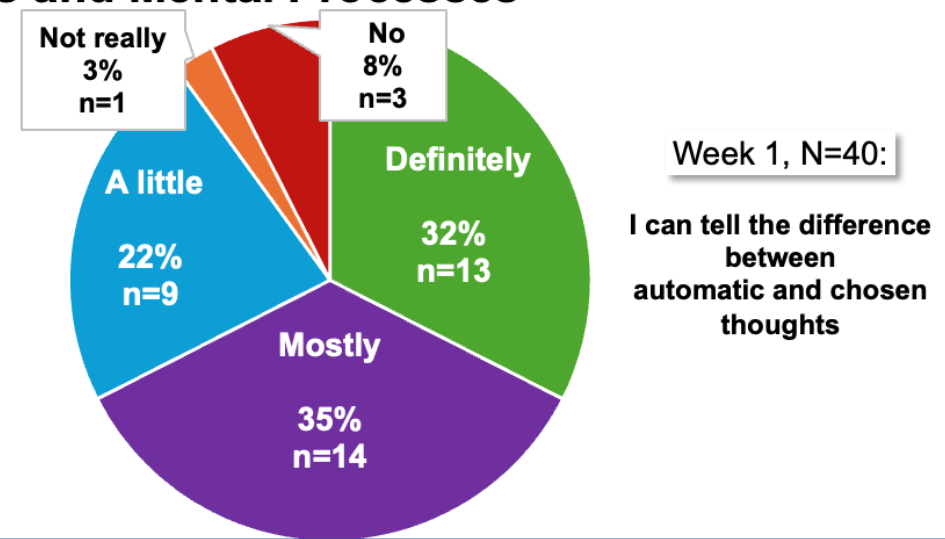
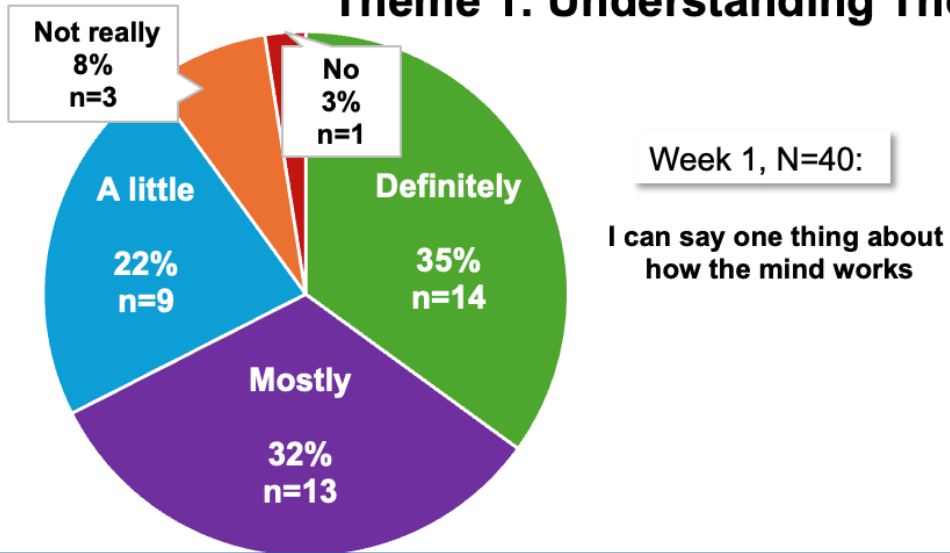


Perceived applicability of the exercises was highest in Weeks 1 and 4, with more students selecting 'Mostly' or 'Definitely', and lowest in Week 2, which had the highest proportion of 'No' responses.

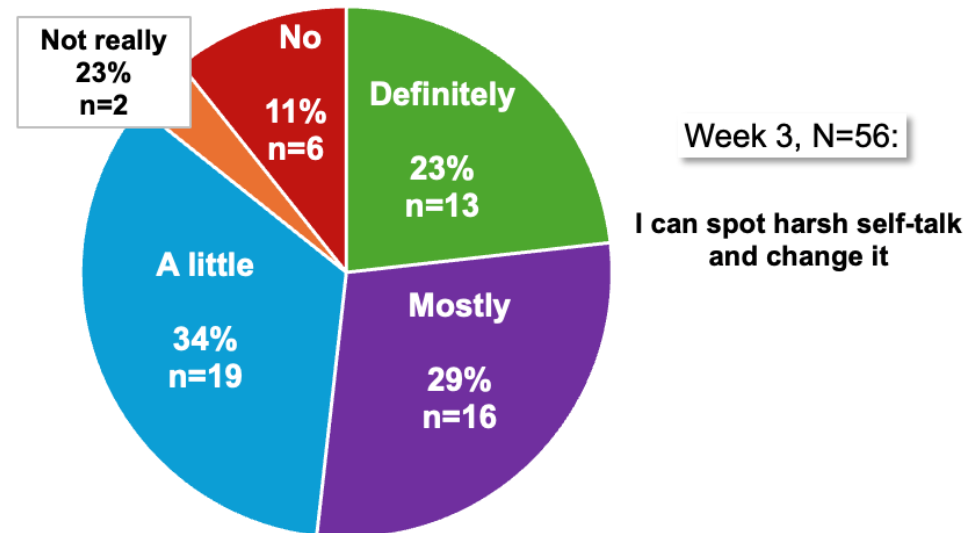
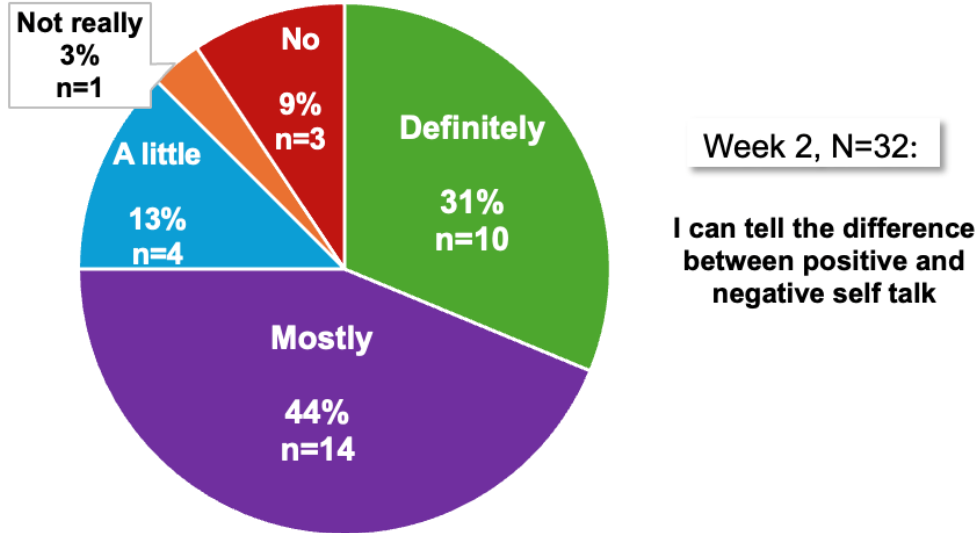


Supplementary Figure 9. Responses for 'The exercises and activities made sense' from end of workshop feedback surveys with Year 7 students

Theme 1: Understanding Thoughts and Mental Processes

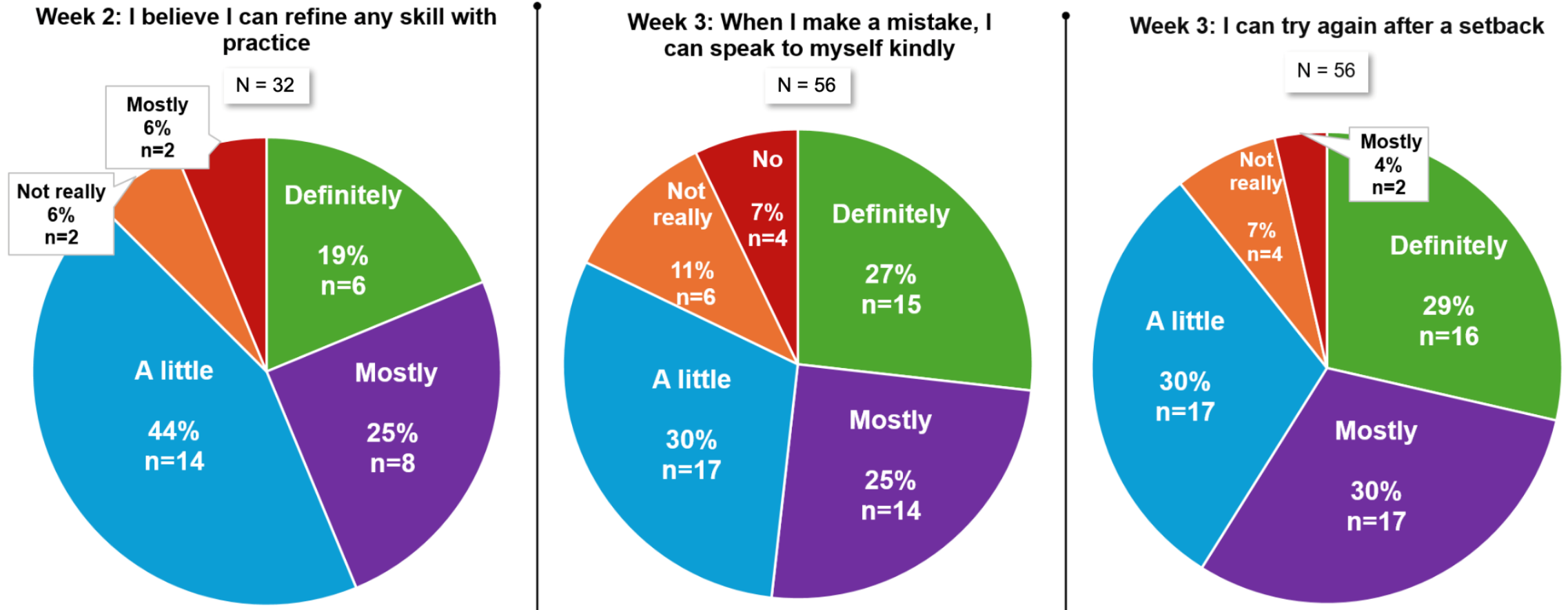


Across Weeks 1–3, around seven in ten students reported better understanding of how the mind works and greater awareness of their self-talk.



Supplementary Figure 10. Responses for 'Understanding thoughts and mental process'

Theme 2: Developing Growth-Oriented Responses to Challenge*



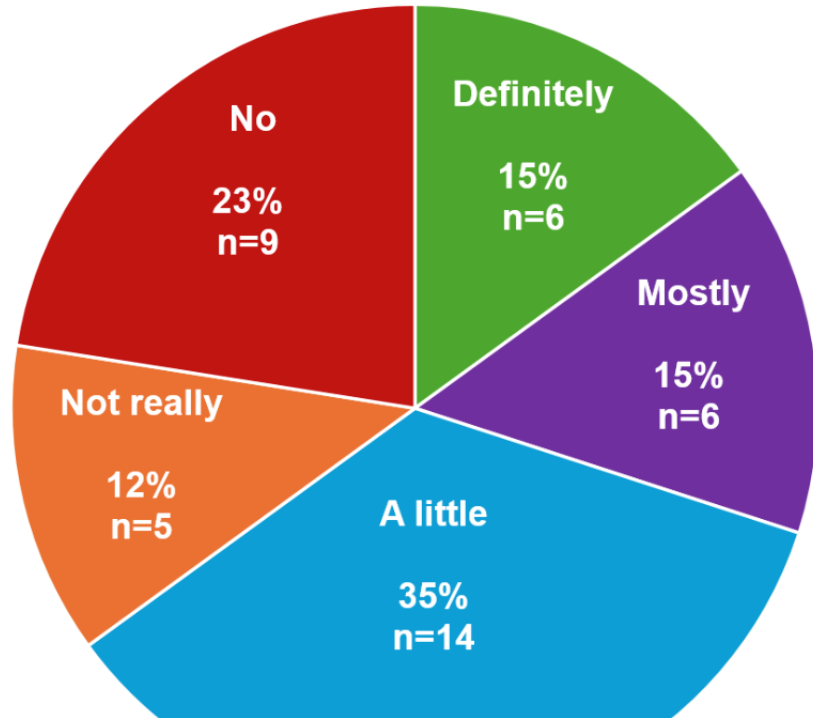
A higher proportion of students reported using more positive responses to challenge in Week 3 vs Week 2 (higher percentage of students selected 'Definitely' and 'Mostly' in Week 3).

Supplementary Figure 11. Responses for 'Developing growth-oriented responses to challenge'

Theme 3: Emerging confidence and readiness to apply strategies

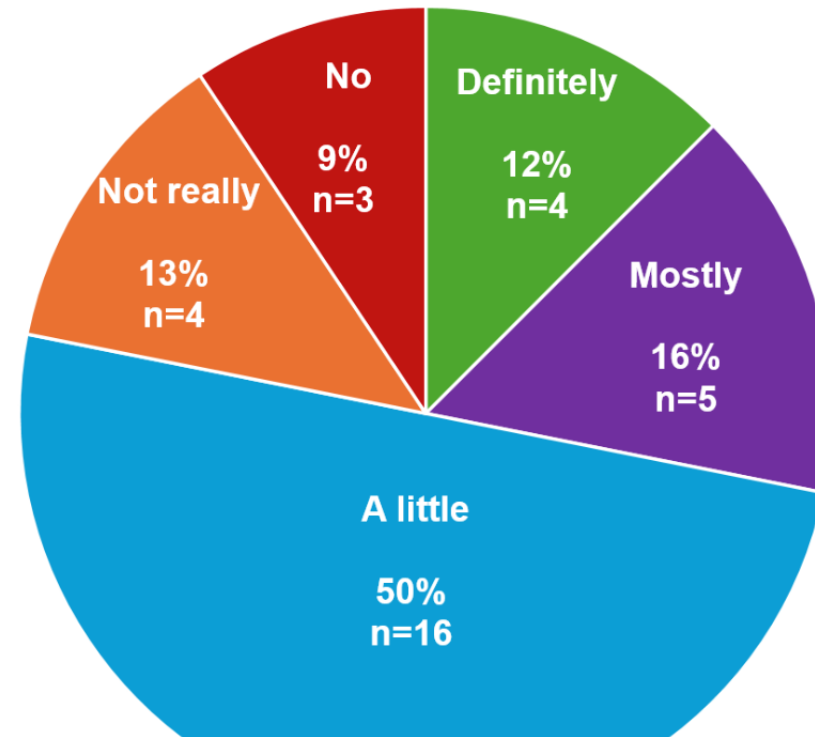
Week 1: I plan to use at least one learnt strategy from today this week

N = 40



Week 2: I feel more ready to use my potential

N = 32



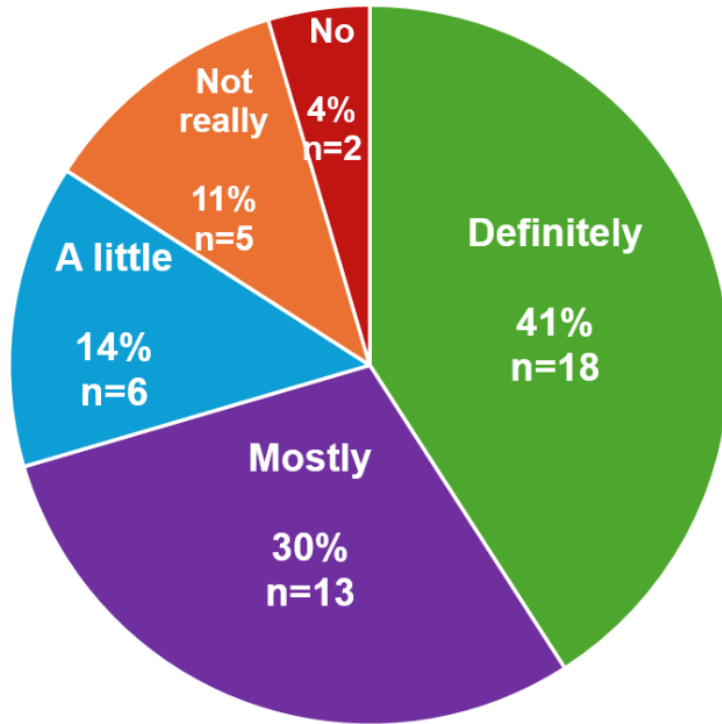
Emerging confidence and readiness to apply strategies were evident but not profound, with around one-third of students (28-30%) agreeing in Weeks 1-2 that they intend to use learnt strategies or felt more ready to use their potential.

Supplementary Figure 12. Responses for 'Emerging confidence and readiness to apply strategies'

Theme 4: Applying Learning to Everyday Life

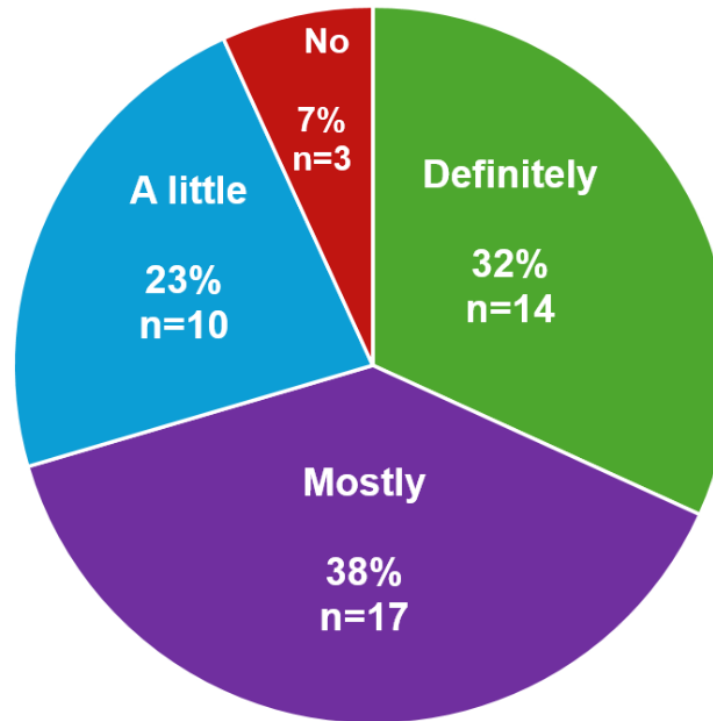
Week 4: Today's session is useful in everyday life

N = 44



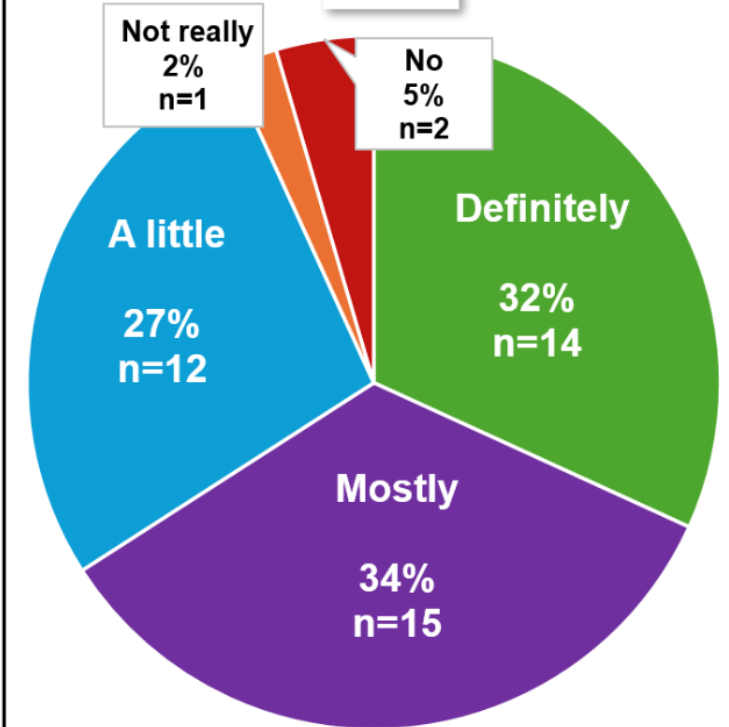
Week 4: I feel more in control of my online choices

N = 44



Week 4: I will try to implement a plan for better sleep with device boundaries that keep me safe and well

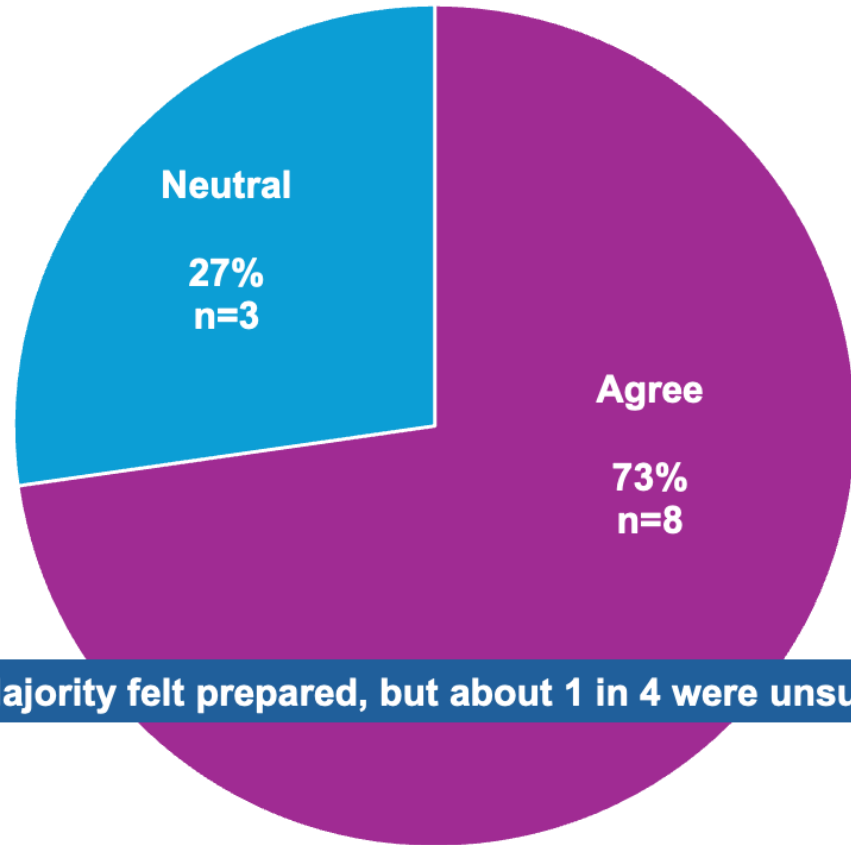
N = 44



In Week 4, most students reported applying their learning to everyday life, including feeling more in control of their online choices and planning healthier device boundaries for sleep.

The training provided before the workshop prepared me well for my role.

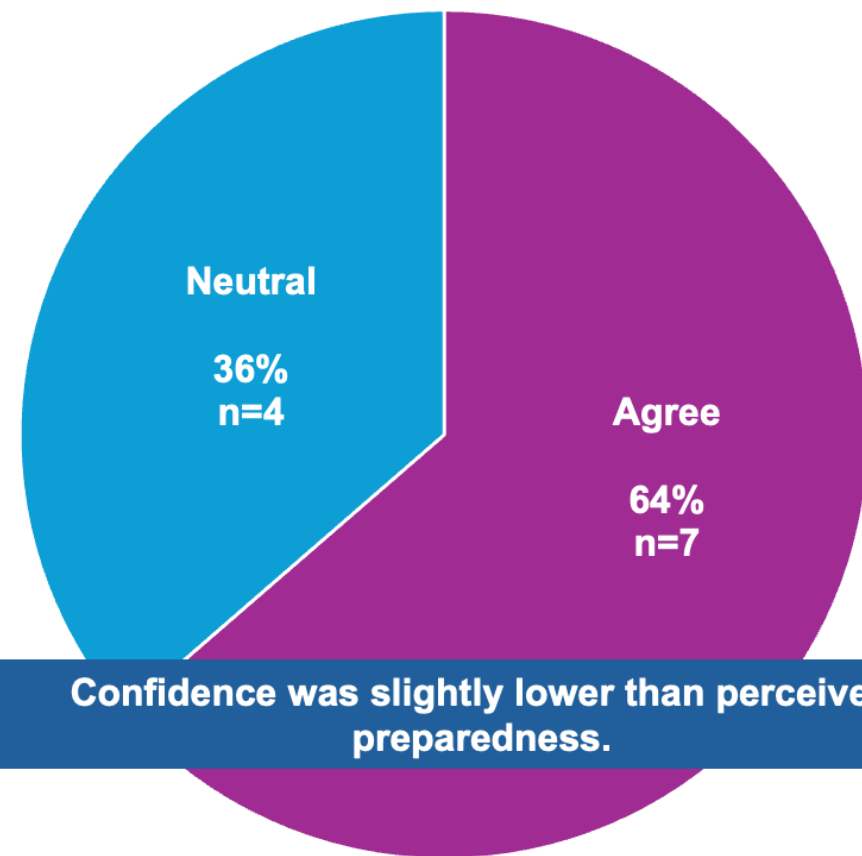
N = 11



Majority felt prepared, but about 1 in 4 were unsure.

I felt confident delivering the Success4Life workshop to Year 7 students.

N = 11

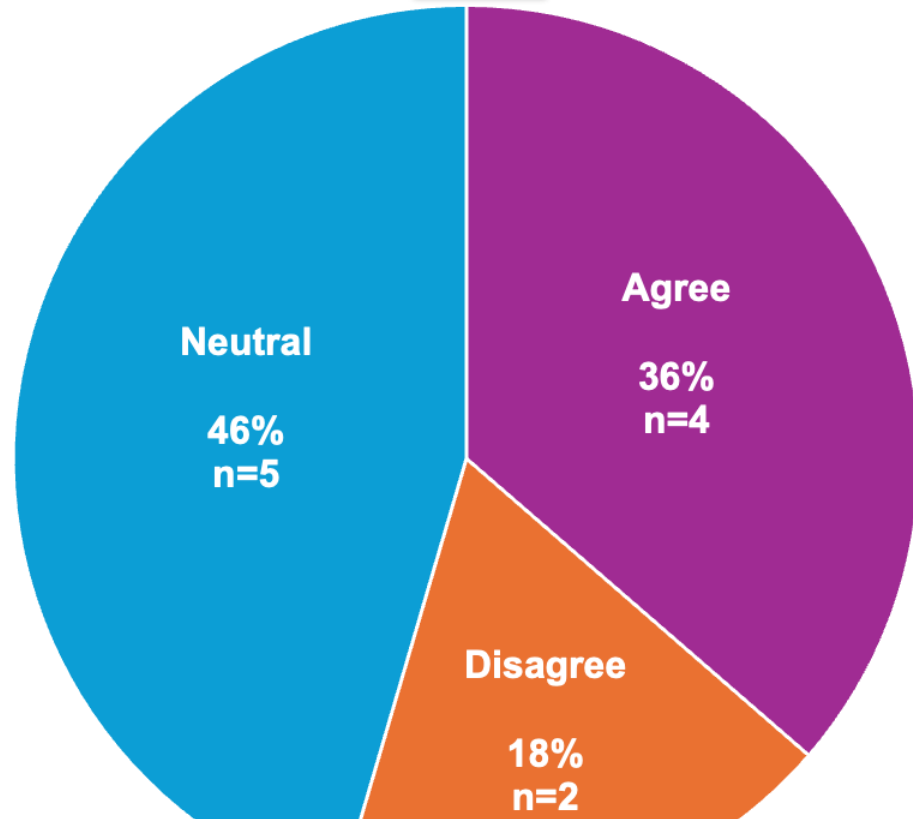


Confidence was slightly lower than perceived preparedness.

Supplementary Figure 14. Responses relating to workshop training and student confidence

The workshop content was clear and easy to teach

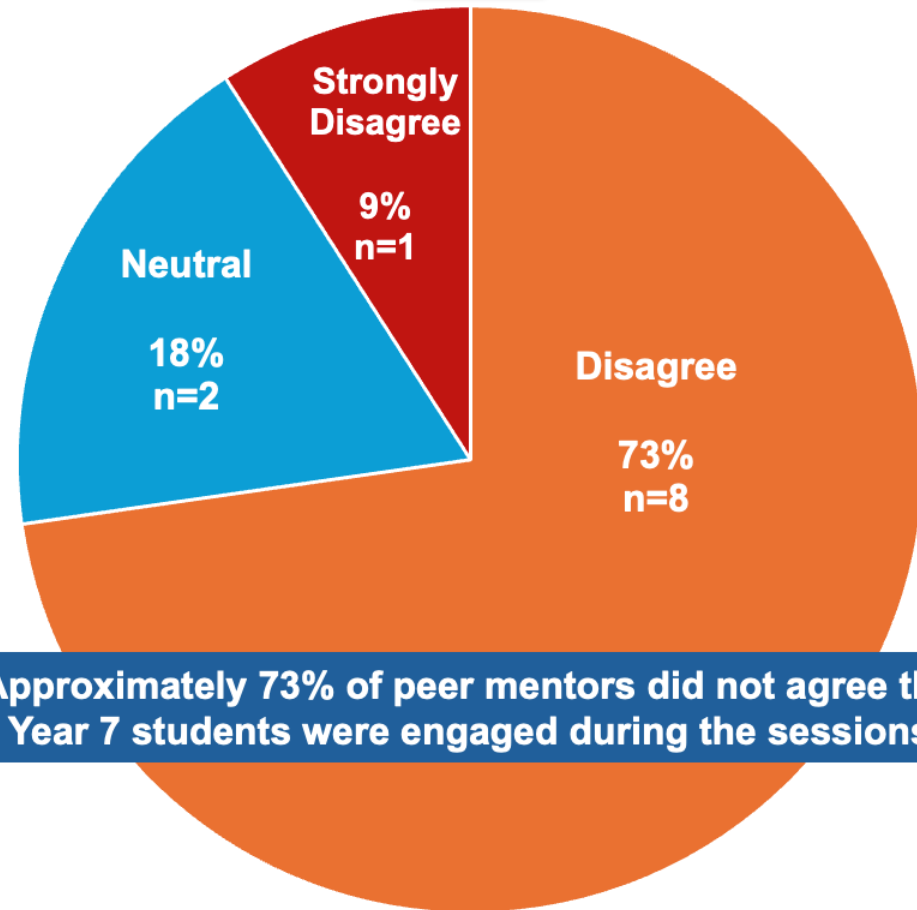
N = 11



Around one-third of peer mentors agreed the workshop content was clear and easy to teach, with almost half selecting a neutral response.

The year 7 students were engaged during the sessions

N = 11

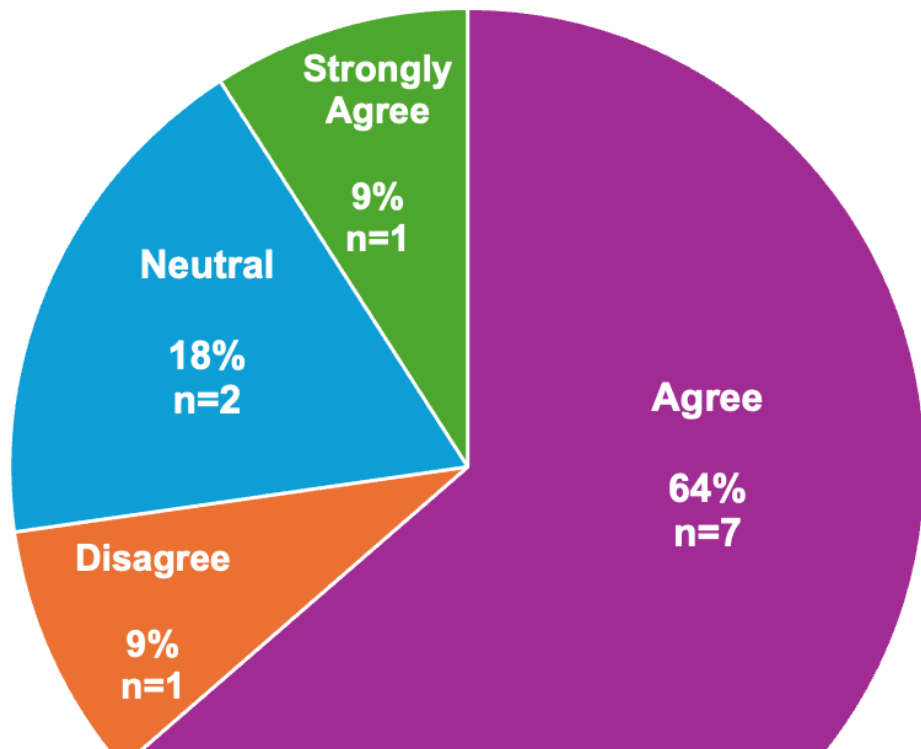


Approximately 73% of peer mentors did not agree that Year 7 students were engaged during the sessions.

Supplementary Figure 15. Responses relating to workshop content and engagement

I felt supported by school staff during the workshop

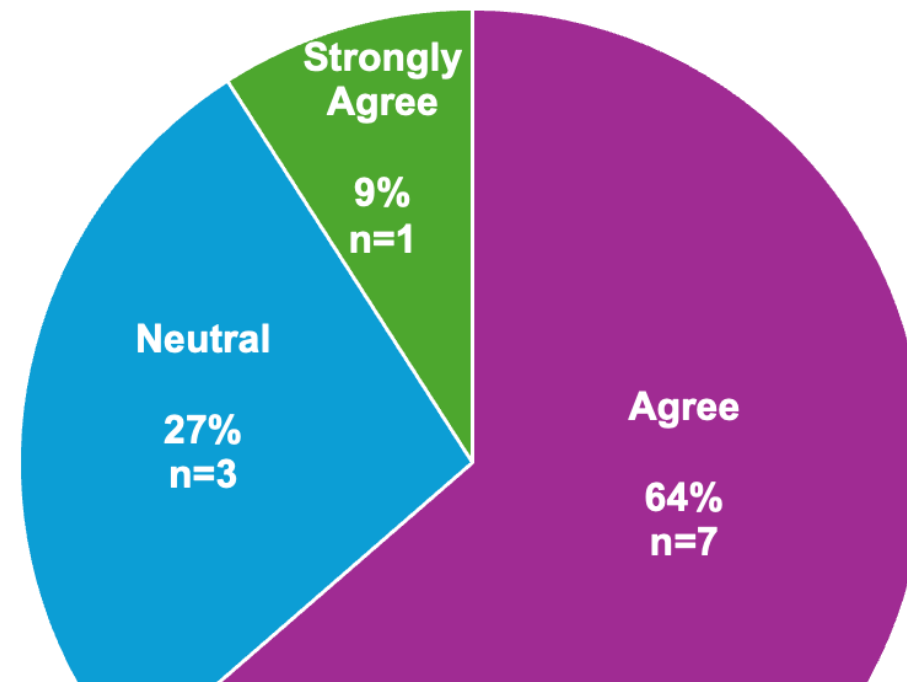
N = 11



Around two-thirds (64%) of peer mentors agreed they felt supported by school staff during the workshop.

Leading this workshop helped me develop leadership and communication skills.

N = 11

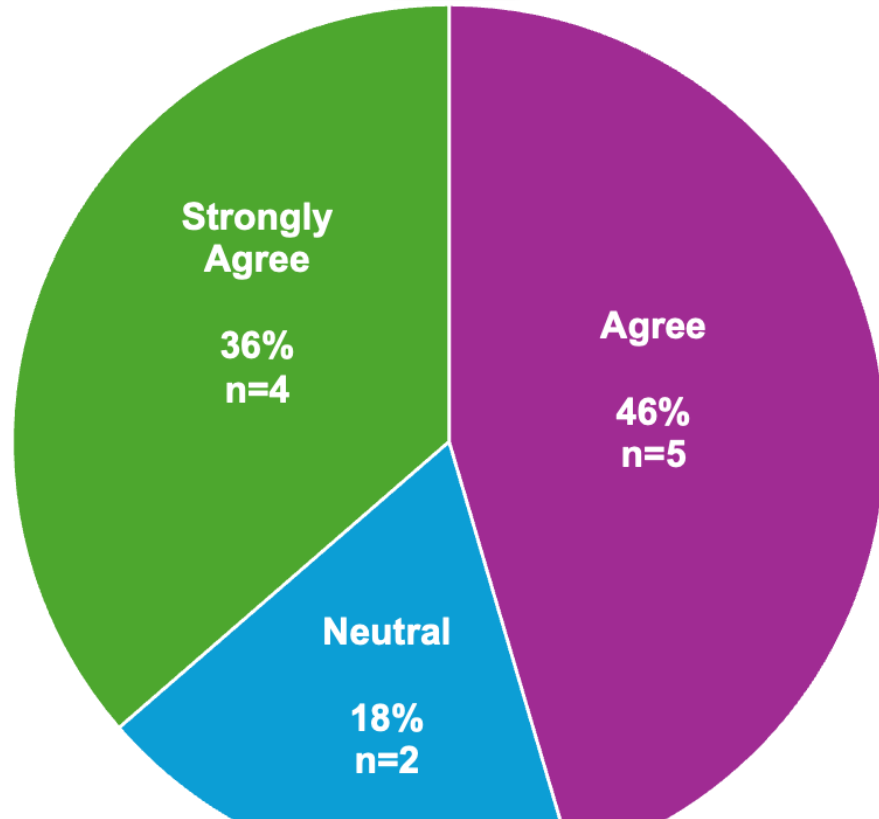


Around two-thirds (64%) of peer mentors agreed that leading the workshop helped develop their leadership and communication skills. Around one-quarter selected a neutral response.

Supplementary Figure 16. Responses for school staff support and leadership and communication skills during workshop

I would recommend this experience to other students in the future.

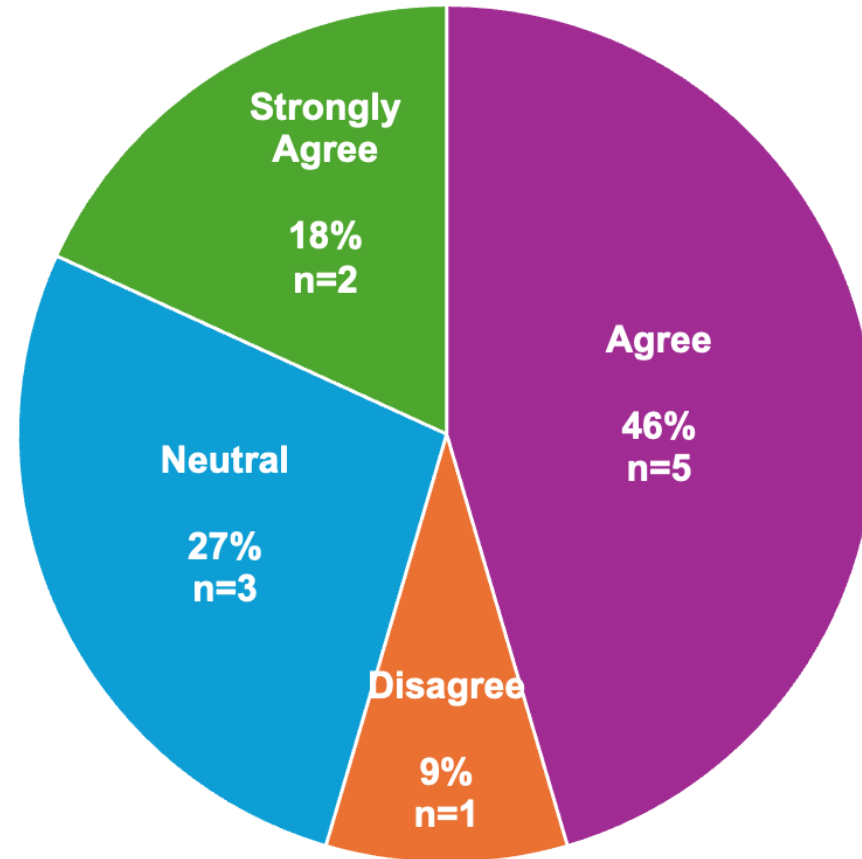
N = 11



Most peer mentors (82%) would recommend the experience to other students.

The duration of the workshop was appropriate.

N = 11

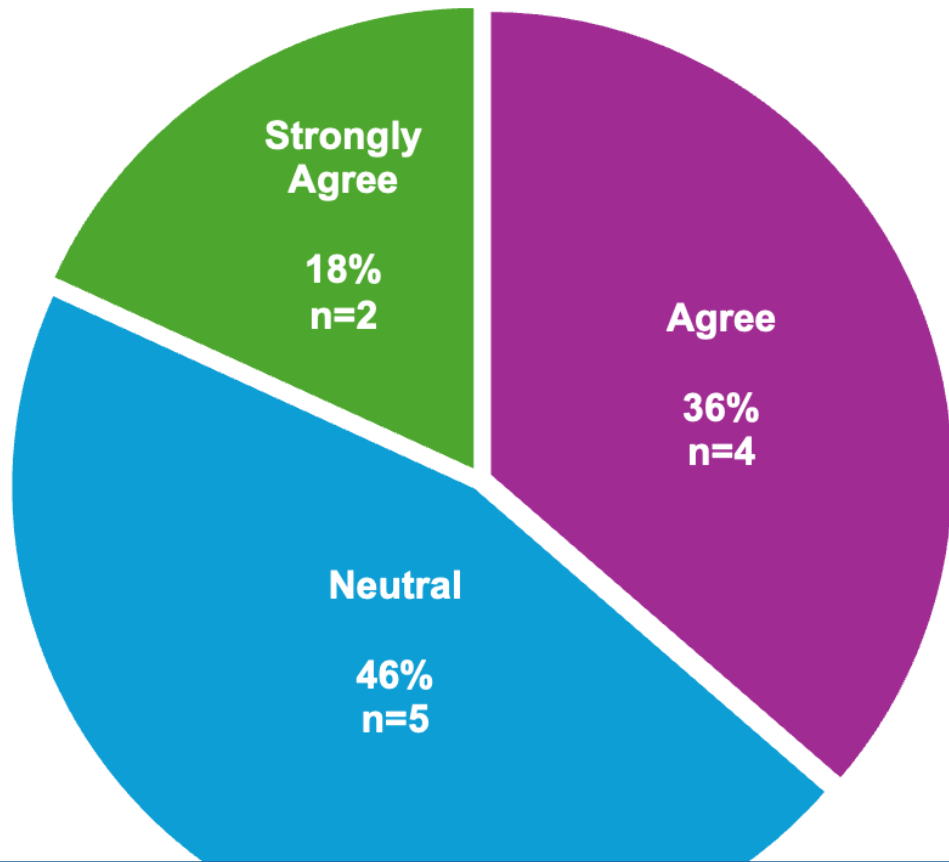


64% of peer mentors agreed or strongly agreed that the workshop duration was appropriate

Supplementary Figure 17. Responses for recommendation of workshop in the future and appropriateness on workshop duration.

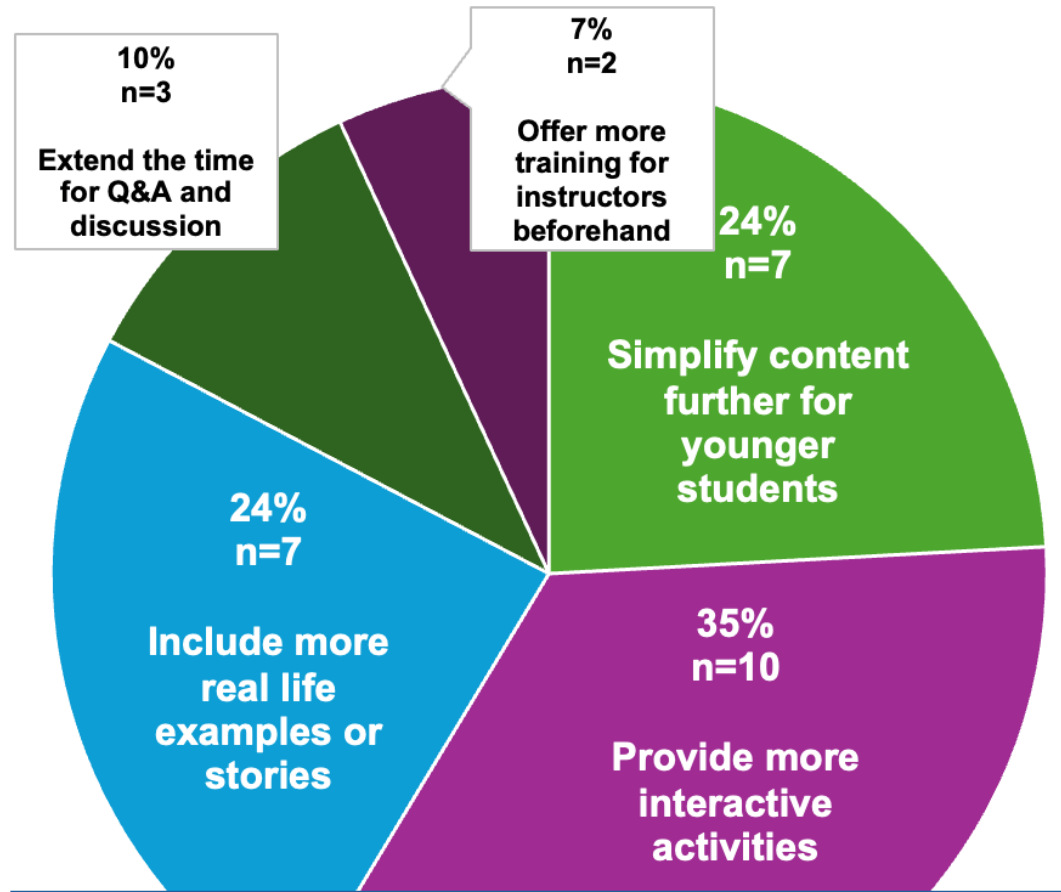
The resources provided (slides, journals) were sufficient.

N = 11



Most peer mentors (54%) agreed the resources were sufficient.

Which of the following would improve the workshop experience? (Select all that apply)



Peer mentors most strongly identified increased interactivity as the key improvement, followed by requests for simpler content and more real-life examples.

Supplementary figure 18. Responses for workshop resources and improvements for workshop