

Log Off Of Your Online Accounts

FIND AN OFFLINE ACTIVITY OR GAME TO PLAY WITH FRIENDS

EAT MEALS WITHOUT TECHNOLOGY AT THE TABLE

DO NOT LET YOUR DEVICES DISTURB YOUR SLEEP

CALL OR TALK TO YOUR FRIENDS AND FAMILY

VISIT A FRIEND OR FAMILY MEMBER

SET TIME LIMITS FOR SCREEN TIME

CYBERNEWS

LOG OFF DAY

TAKE A BREAK AND DISCONNECT!

LOG OFF DAY!

