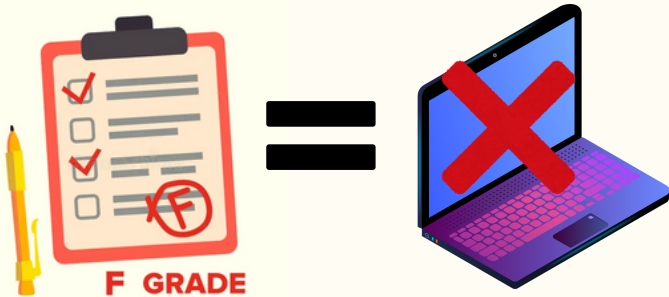


DIGITAL DETOX

SCREEN TIME MANAGEMENT

1 SCHEDULE SCREEN-FREE TIME

Designate specific times of the day or week as screen-free, such as during meals, family activities, or before bedtime. Encourage children and adolescents to engage in offline activities during these times.

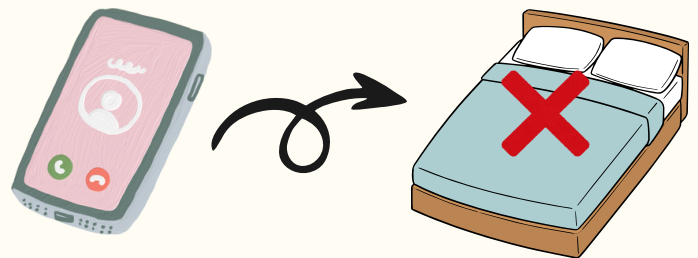


2 LIMIT SCREEN TIME

Set daily or weekly limits on screen time and enforce them consistently. Use parental controls or screen time management apps to monitor and restrict device usage. Encourage children to earn screen time through completing chores or academic tasks.

3 CREATE TECH-FREE ZONES

Establish areas in the home, such as bedrooms and dining areas, where screens are not allowed. Designate these spaces for relaxation, sleep, and face-to-face interactions.



4 MODEL HEALTHY TECH HABITS

Parents and caregivers should model healthy tech habits by limiting their own screen time and prioritizing offline activities. Set a positive example for children by engaging in hobbies, spending time outdoors, and connecting with family and friends offline.