CAN’T STOP SCROLLING?

As technology changes and advances, we have a greater chance of becoming dependent on our digital devices.

DID YOU KNOW?

45% OF TEENS check their phone every hour

9 HOURS is the average amount of screen time teens spend every day. The CDC recommends children spend no more than 2 hours a day in front of a screen.
Signs of Dependency

- Feeling a constant need to check your phone
- Spending more than 2 hours a day on social media or gaming
- Using social media or gaming to avoid feelings of anxiety or depression
- Feeling like you need to get likes, keep a streak, or win a game at all costs
- Spending more time with technology than you do with friends or family

DON’T LET TECH TAKE OVER

- Turn off social media notifications
- Set up phone-free periods every day
- Move social media apps to the last page of your phone screen
- Put your phone away during meals
- Charge your phone away from your bed and don’t use it as your alarm clock

Learn more tips to take back control at: DigitalDetox101.org