CONCERNED ABOUT YOUR CHILD’S SCREEN TIME?

Online games, apps and social media sites are designed to keep our kids coming back for more.

AN ESTIMATED $23 BILLION IS SPENT ANNUALLY to make games, apps, & devices more addicting.

50% of teens feel ADDICTED to their MOBILE DEVICES.
**Signs Of Dependency**

- Feeling distressed, anxious or depressed when leaving their devices for a length of time
- Using technology to avoid school work, family time, stresses, or other obligations
- Continuing to use technology even after experiencing cyberbullying

**How To Do A Digital Detox**

- Make screen time a reward
- Don’t allow electronics in the child’s bedroom
- Pledge to reduce screen time with your children
- Install apps that allow you to check your child’s screen time
- Set phone-free periods for your child every day

Learn more tips to take back control at: [DigitalDetox101.org](http://DigitalDetox101.org)