



ScreenDetox
"Reconnect with Life Beyond the Screen"
Smart Limits, Strong Future!

Guide to Building Healthy Screen Habits

1. Set Clear Time Limits

- Children (2–12 years): Limit to 1–2 hours/day of high-quality content.
- Teens: Encourage balance between online and offline activities.
- Adults: Be mindful of passive screen use, track your own daily screen time.

2. Create Screen-Free Zones

- No screens at:
 - Dining tables
 - Bedrooms
 - Family gatherings
 - Encourage offline bonding activities like board games, crafts, or outdoor walks.

3. Establish a Digital Curfew (Cut-off time)

- Turn off screens 30–60 minutes before bedtime.
- Use this time to:
 - Read books
 - Tell Stories to young children like our grandparents use to tell us
 - Meditate
 - Journal writing for children above 12 years of age

These habits help improve sleep quality by reducing blue light exposure.

4. Encourage Active Use vs. Passive Use

- Prioritize creation over consumption:
- Write, design, edit videos, build digital art, learn coding.
- Avoid long stretches of passive scrolling or binge-watching.

5. Use the 20-20-20 Rule

To reduce eye strain: Every 20 minutes, look at something 20 feet away for 20 seconds.

6. Lead by Example

- Children mirror adult behavior.
- Parents/teachers should also limit screen time and demonstrate:



- Balanced routines
- Mindful use of social media
- Time outdoors

7. Select/Handpick/Curate Content Wisely

- Choose age-appropriate, educational, and uplifting content.
- Use **ScreenDetox** (parental controls) and safe search filters for younger users.

8. Schedule Tech-Free Activities (*ScreenDetox provides options in your neighborhood*)

- Daily: Reading, journaling, playtime, conversation
- Weekly: Family hike, nature outing, creative project
- Encourage hobbies not dependent on screens (sports, music, gardening)

9. Teach Mindful Screen Use

- Ask before using: "Why am I picking up my phone right now?"
- Pause before clicking on a notification or app.
- Practice digital detoxes on weekends or vacations.

10. Open Conversations on Screen Use

Regularly talk about:

- Online safety
- Cyberbullying
- Impact of excessive screen time on mood or productivity
- Create a non-judgmental space for kids/teens to share concerns