

HEALTHY SCREEN-TIME

🌙 1. Screens OFF Before Bed

🕒 All screens must be turned off at least 30–60 minutes before bedtime.

📖 Use this time for reading, talking, journaling, or relaxing.

📱 2. No Screens in Bedrooms Overnight

🔌 Devices are charged in a central spot, not in bedrooms.

🛏 Bedrooms are for sleep—not scrolling!

🍴 3. Screen-Free Meals

🍽 Family meals are a time for connection—phones and tablets stay away from the table.

⌚ 4. Take Screen Breaks Often

📏 Follow the 20-20-20 rule: every 20 minutes, look 20 feet away for 20 seconds.

🚶♂️ Move your body for a few minutes every hour.

🎯 5. Use Screens With Purpose

✅ Use screens for schoolwork, learning, and meaningful activities.

❌ Avoid endless scrolling, binge-watching, or gaming marathons.

👁️ 6. Protect Your Eyes & Posture

💡 Turn on “Night Shift” or blue light filters after dark.

🪑 Sit upright—no hunching over phones!

👨👩 7. Parents Set the Example

💬 Kids... Encourage your parents to follow the same rules! Parents, set the example for your kids to follow.

☀️ Why We're Doing This

- ✓ Better sleep for everyone
- ✓ Sharper focus and happier moods
- ✓ Healthy eyes and posture
- ✓ More quality family time

