

# 10 CHALLENGES

to regain control over your screens

PAUSE

## 01

### Clean it up!

Turn off all visual and audio notifications that aren't essential. Place some apps from your home screen in folders so they aren't as easy to get to.

## 02

### Dare to switch off!

Are you having a conversation, or sitting in class? Turn off your screens and be fully present. It feels good!

## 03

### Avoid binging.

Adjust the settings so they stop after a predetermined amount of viewing time (e.g., YouTube after 15 minutes) and switch off auto-play on Netflix.

## 04

### Put it away.

Just seeing our cell phone creates a reminder that we might be missing something. Stress! The solution? Put it out of sight (in a bag, a drawer, etc.). Even better, forget it in another room.

## 05

### Recharge your batteries.

Turn off all your screens 1 hour before bed and charge your cell phone somewhere other than your room. We dare you to buy yourself an alarm clock!



## 06

### Set it aside.

Next time you're out eating with your friends, put your cell phones away. The first one to touch their phone pays the bill.

## 07

### Ask yourself 2 questions.

Before picking up your cell phone, ask yourself "Is it really important?" and "Can it wait?". If it's not urgent or important, let it be.

## 08

### Justify yourself.

Try this for a week: every time you pick up your phone while someone is talking to you, justify yourself by explaining why you have to interrupt them. Ouch.

## 09

### Unplug during meals.

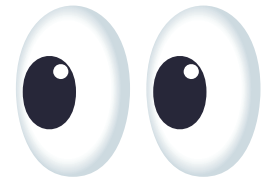
Try not to check your cell during meals. A tip to eat less is to savour your food and to enjoy the company of friends and family.

## 10

### Limit yourself to 1 screen at a time.

During study time, only use one screen at a time and turn off social media and personal texts. Concentration guaranteed!

# 10 FACTS



## about screens

01

Our cell phone harbors  
**10 TIMES MORE BACTERIA**  
than a toilet bowl...  
**7,000 ON AVERAGE!**



06

**TAKING SELFIES** result in more  
**DEATH** (drownings, falls, etc.) per  
year than shark attacks.

02

In 2018, **DISTRACTED**  
**DRIVING** killed more people  
than drunk driving.

07

**FOMO** (the *Fear Of Missing Out*),  
is the anxiety that urges us to constantly  
check notifications and messages in  
order to "calm" our fear of missing  
something important.

03

THE DAILY DISTANCE  
**SCROLLED** IN ONE DAY is  
equivalent to a **12-STORY**  
**BUILDING!**

08

Just like slot machines, apps and video  
games are **DESIGNED TO HOOK US**,  
even if we think we are immune.

04

Visual and auditory  
notifications **REDUCE**  
OUR CAPACITY TO  
CONCENTRATE.



09

**PHUBBING** (*snubbing with a phone*),  
is when we ignore people physically  
present by being on our cell phone  
instead of talking with them.



05

36 % of young people  
**WAKE UP AT LEAST**  
**ONCE** per night to check  
their phone.

10

The information we share on the  
web and our web searches **LEAVE**  
**PERMANENT TRACES**. Yes,  
permanent! It's known as our  
**DIGITAL FOOTPRINT**.