

PAUSE: Helping parents achieve digital balance at home

PAUSE

Hyperconnectivity statistics*

Teens

Close to

21%

use screens more than 4 hours per day for recreational purposes only

77%

have their own smartphone with an Internet connection

1/5

are at risk of developing a problematic use of screens

Adults

Close to

16%

use screens more than 4 hours per day for recreational purposes only

Close to

2

hours per day on their smartphones

1/2

of parents have tried to reduce their screen time



Hyperconnectivity is the social context in which we now live: the omnipresence of screens, smartphones, Wi-Fi, and applications.

A first in Quebec!

PAUSE invites parents to improve

their digital habits and to schedule screen-free moments in order to enjoy the advantages of the Internet and screens without the disadvantages.



PAUSE is not against screens, but reminds us that **it feels good** to set them aside from time to time.



Screens, misused or overused

- Increased risk of anxiety and depression.
- Decreased sleep quality and increased risk of suffering from a lack of physical activity.
- Some types of social media associated with higher levels of psychological and physiological stress.

The 3 elements of online balance

- 1 Less screen time
- 2 Higher quality content
- 3 At the right moments

Parents are role models for their kids

- Setting an example
- Establishing rules
- Talking with their kids
- Adopting a positive and open-minded attitude



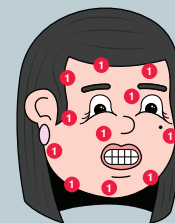
**Like father,
like son**

6 tips to take action

- 1 Evaluate your habits and set goals
- 2 Dare to turn off your devices
- 3 Ask yourself two questions before checking your phone:
Is it really that important? Can it wait?
- 4 Turn off all non-essential visual and audio notifications
- 5 Make your screens less appealing by configuring them
in grey tones
- 6 Schedule screen-free moments.
For ex. during family meals or 1 hour before bed

Pauseyourscreen.com

- Tools and advice for parents
- Challenges for youth
- Blog
- Resources
- And much more!



**If your notifications
are making you
break out...
Put your phone
away!**