

unplugging

Purposeful Actions for Today's Distractions



Exclusive video created by EAST students at Marshall High School:



Unplug to Recharge

smactalk.info/unplug

[Check out our student resources!](#)



01

Assess usage.

Determine how much time your child spends each day using technology. Try these resources for additional help:

- smactalk.info/day-planner
- smactalk.info/ios-time
- smactalk.info/android-time

03

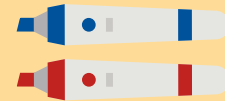
Create tech free zones or days.

Consider unplugging together one day a week, during dinner, or at bedtime. Creating an "Offline List" can be a simple next step.

02

Set limits on usage.

Use limits to take small steps in the desired direction with technology usage.



Create an Offline List:

Grab some paper and pens! Before going offline, make a list of fun activities to do together without technology.

04

Be a role model.

Modeling healthy boundaries and usage with technology is the best way for children to learn and develop those skills.



Ask your child:

Do you think it is possible for someone to be addicted to technology? Do you know how & when to unplug?