



# I'm doing:



## Full Signal

For the whole week only check your phone for 1 hour in the evening at an agreed time



## Half Signal

Agree as a family to put all devices in a central place from 7pm and not pick them up again until after breakfast the next day every other day for the week



## Low Signal

Stop all notifications for social media and only check it two or 3 times a day

# TIPS & TRICKS

## Write a list of things you could be doing instead!

Keep in mind that every digital minute you spend is a minute you won't get back! There are so many things you could be doing instead of flicking through a celebrities photos on Instagram, or watching a YouTube video. Think creatively! You could take up a new hobby. Set yourself some new goals which will boost your skills.

## Be mindful

Realistically your relationships with family and friends, your school work, maybe even your sleep could be suffering as a result of your digital use. Disconnect from the digital and reconnect with life.

## Get out of the house

Ok the internet is an inexpensive resource, can entertain us for hours and we can use it without leaving the house. It's pretty convenient. But really how many of us go on social media and see other people doing cool stuff with other people that then makes us jealous that we aren't doing cool stuff with people? So, get out of the house, go for a walk somewhere interesting either on your own or with friends or maybe try a sport.

## Call instead

Many of you might be thinking "It's impossible to give up my digital life because I use it to communicate." It might be time to evaluate how useful that communication is. Are there things you would say via text that you wouldn't say face-to-face or on the phone and can this lead to unhelpful behaviour?

Instead of using internet based text services, how about phoning someone? It's quick and way more sociable!

## Spend more time with family

Many of our best ever memories involve family. They may drive us insane 99% of the time but these are the relationships we value most in life. Can we say the same about our digital-life memories and relationships? Have a think about your best memories and how can you add to them.

## R.A.K.

Do a random act of kindness. Look for someone to bless with a surprise. Is a friend going through a tough time, does your mum or dad need a hand at home or is there someone amazing in your life who deserves a special treat? Maybe make them a card or write a note, do a job for them, buy them a little gift or bake a huge cake! Guaranteed this will make you and them feel a million times better than looking at social media does.