

# Live Life Eyes Up Presentation Guidelines

## 1: Intro

- “By a show of hands, who here thinks that they spend too much time on their phone?”
- Wait for some hands to be raised

## 2: Implementing realization

- “Do you know how to check the screen time on your phones?”
- Ask students to take out their phones
- If they have an iPhone: Settings>ScreenTime>My iPhone>Last 7 days
- If they do not have an iPhone: there are multiple screen time tracking apps that will track—Moments, Freedom,
- Point out the number of ‘pick ups’ also

## 3: Spreading the word

- Pass out postcards and stickers (tell students they do not have to take postcards if they do not want them)
- Tell students to put stickers on notebooks, binders, locations where it will remind them to Live Life Eyes Up

## 4: Identifying the steps to responsibility

- Steps are on the back of the postcard
- 1- Realization (you did that when checking screen time)
- 2- Setting screen time goals- there are different apps, downtime is an iPhone feature
- 3- Having fun without your phone- give suggestions that allow you to have fun and live life eyes up

## 5: Weekly drawings every Friday in December

- Eligibility: must have less than 2.5 hours of screen time on their phone on average for that week

- You can enter your name into the drawing in the cafeteria or the courtyard during lunch hours on Tuesdays and Thursdays
- Prizes: gift cards from different businesses

## 6: Wrap it up

- Thank the students and teachers for their time
- “Be Here. Live Now”
- Remind them to “live life eyes up”
- Follow us on Social Media listed on the card