

We must find a way to be responsible with our technology

Steps on how to be responsible

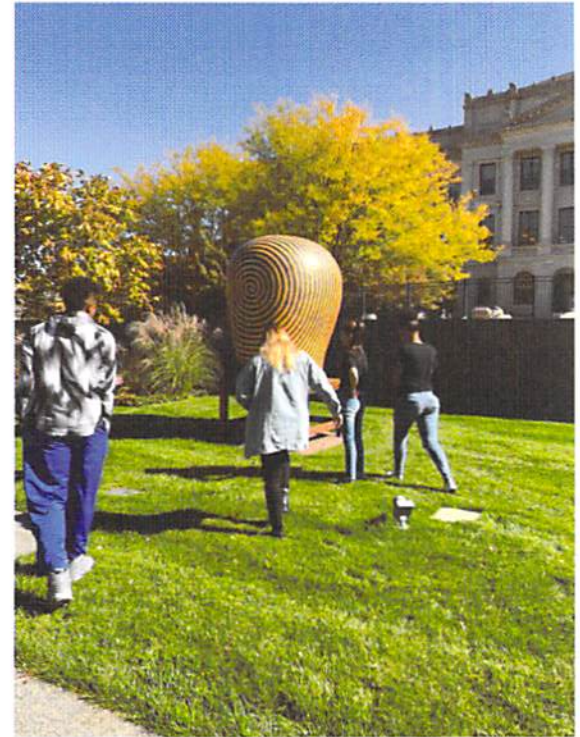
1. Realization--Track your screen time

- *Download apps such as Moments, Freedom, Space*
- *For iPhone go to settings, then screen time or battery*

2. Set Personal Screen Time Goals

3. Have FUN and

- *Go on a drive*
- *Hang out with friends*
- *Play games*
- *Exercise*
- *Have a dance party*
- *Find a hobby*
- *Have a face to face conversation*



Objective- Build awareness regarding cellphone use and the potential negative effects. Create an understanding that cellphones are a great piece of technology but they can become a person's greatest downfall.

- For every 100 hours spent on your phone, you drastically increase your risk of brain cancer
- 48% of people who spend 5 or more hours on their phone per day have thought about suicide
- 72% of people say they will never move more than 5 feet away from their phone
- "Nomophobia" is the irrational fear of being without your mobile phone
- Rehab centers now offer treatment for phone addiction
- Raising your awareness is the first step in decreasing your phone usage



Live Life Eyes Up

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