SCREEN SANITY™

Digital health

STARTING POINTS

START WITH YOURSELF

Friction points to help me model healthy screen use:

TABLES + BEDTIMES

The spaces + times our devices will recharge:

ACCOUNTABILITY

Filters, monitoring services + practices to use as a safety net:

RIDE. PRACTICE. DRIVE.

Using a driver's ed approach to tech training:

TIME WELL SPENT

Meaningful activities to help us grow stronger this season: