Digital health SCREEN SANITY STARTING POINTS

START WITH YOURSELF Friction points to help me model healthy screen use:

TABLES + BEDTIMES The spaces + times our devices will recharge:

ACCOUNTABLITY 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:

SCREENSANITY.ORG