

UNPLUG FROM TECHNOLOGY

When You Can

Think back to your fondest memories.
What did you enjoy about the memory?
Was technology involved?

Technology has enhanced our lives greatly, but it can also keep us from interacting with others.

What is the average time spent daily on technology? (In hours)



10

Adults



9

Teens



6

Children 8 to 12

Technology has its pros and cons when it comes to relationships.

- Pro: It enhances our relationships with those that we may not see very often.
- Con: It keeps us on technology which means fewer face to face conversations.



DOES TECHNOLOGY RUN YOUR LIFE?

- Do you lose track of time online?
- Do you compulsively check for notifications on your devices?
- Do you use technology as an escape?
- Do you struggle to stay off technology?
- Does technology get in the way of your responsibilities?
- Do you get anxious when you do not have technology near you (like a phone)?

BREAKING FREE OF TECHNOLOGY:

- **Time Yourself:** Keep a Media Diary and add up the time you spend on technology.
- **Tech Free Time:** Have a set time or place where no technology is allowed.
- **Balance It All:** Find your balance between time connected and time unplugged.