

RECLAIMING CHILDHOOD

Empowering Parents to Improve Youth Mental Health

VIRGINIA SCREEN-FREE WEEK APRIL 13-19



School

- Journal
- Reading circles
- Hands-on science experiments
- Nature walks
- Sidewalk chalk art
- Partner storytelling
- Music and movement breaks



Parents

- Model healthy screen habits
- Go for a walk
- Try a “no phones in bedrooms” rule
- Host family game night
- Cook a meal as a family
- Read aloud
- Go to the park
- Hang out with friends



Communities

- Block parties
- Group hikes
- Scavenger hunts
- Visits to libraries and museums
- Trips to state and national parks
- Community clean-up
- Farmers market visits

YOU CAN MAKE AN IMPACT, *WITHOUT SCREENS.*



Physical Health

- High screen usage has been linked to adverse health outcomes, such as poor sleep habits, fatigue, and symptoms of anxiety and depression
- Roughly 1 in 6 youth suffer from obesity



Mental Health

- 60% of the highest frequency social media users report having poor or very poor mental health
- 57% of teen girls report being chronically hopeless or sad
- Suicide is the 2nd leading cause of death for 10 to 14-year-olds



Relational Health

Social connection that includes eye contact releases oxytocin, dopamine and other positive-feeling brain chemicals. In many cases, eye contact is critical for improving relationships.

NOT READY TO GO SCREEN-FREE ALL WEEK? START WITH A DAY!

FOR ADDITIONAL RESOURCES AND IDEAS TO PARTICIPATE, VISIT [RECLAIMCHILDHOOD.VIRGINIA.GOV](https://reclaimchildhood.virginia.gov)