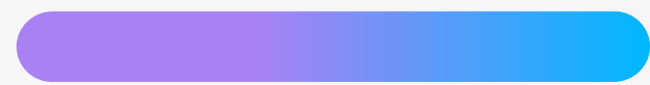




Digital Detox Campaign

2024



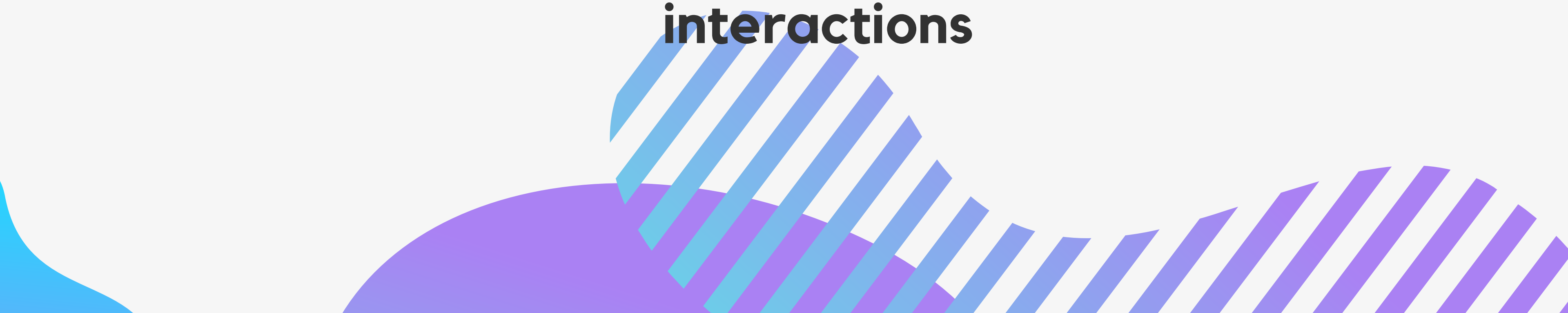
Presented by Digital Life Council





Why Participate?

Excessive screen time can impact our well-being, from reduced sleep quality to diminished face-to-face interactions





**Aims to help students to
cultivate a healthier
relationship with technology**





Digital Detox

Duration: April 23 ~ May 03

Activity: Throughout the duration, students will aim to minimize their phone usage





Reward

Reward: Those who has the least screen time on their phone will receive a special gift! 🎁

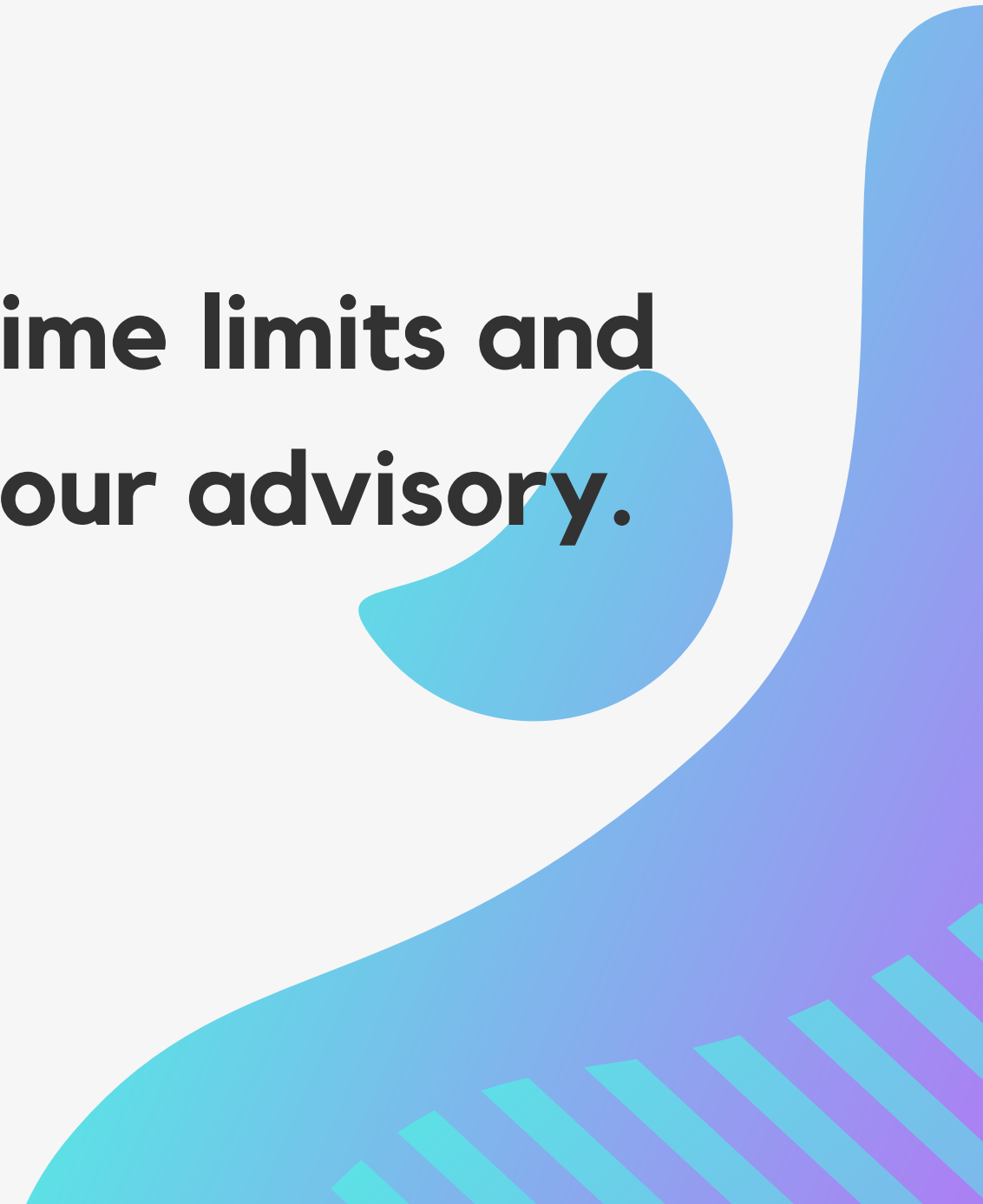
- One person from each advisory - Secret Gift
- One person from each grade - Starbucks gift card





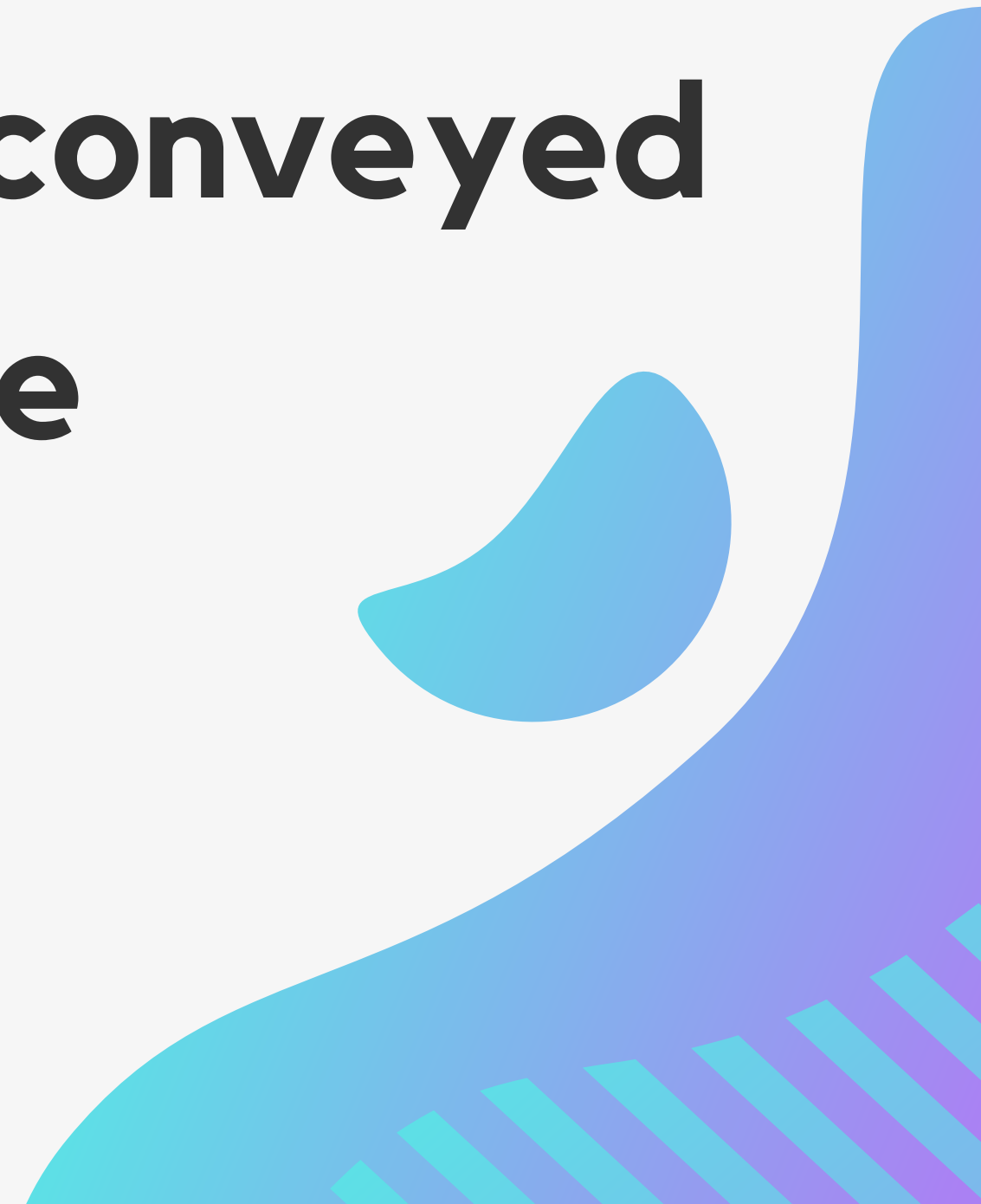
Tip!

Participants can set personalized screen time limits and exchange passwords with a friend from your advisory.





**Further information will be conveyed
during Advisory time**





**Further information will be conveyed
during Advisory time**

