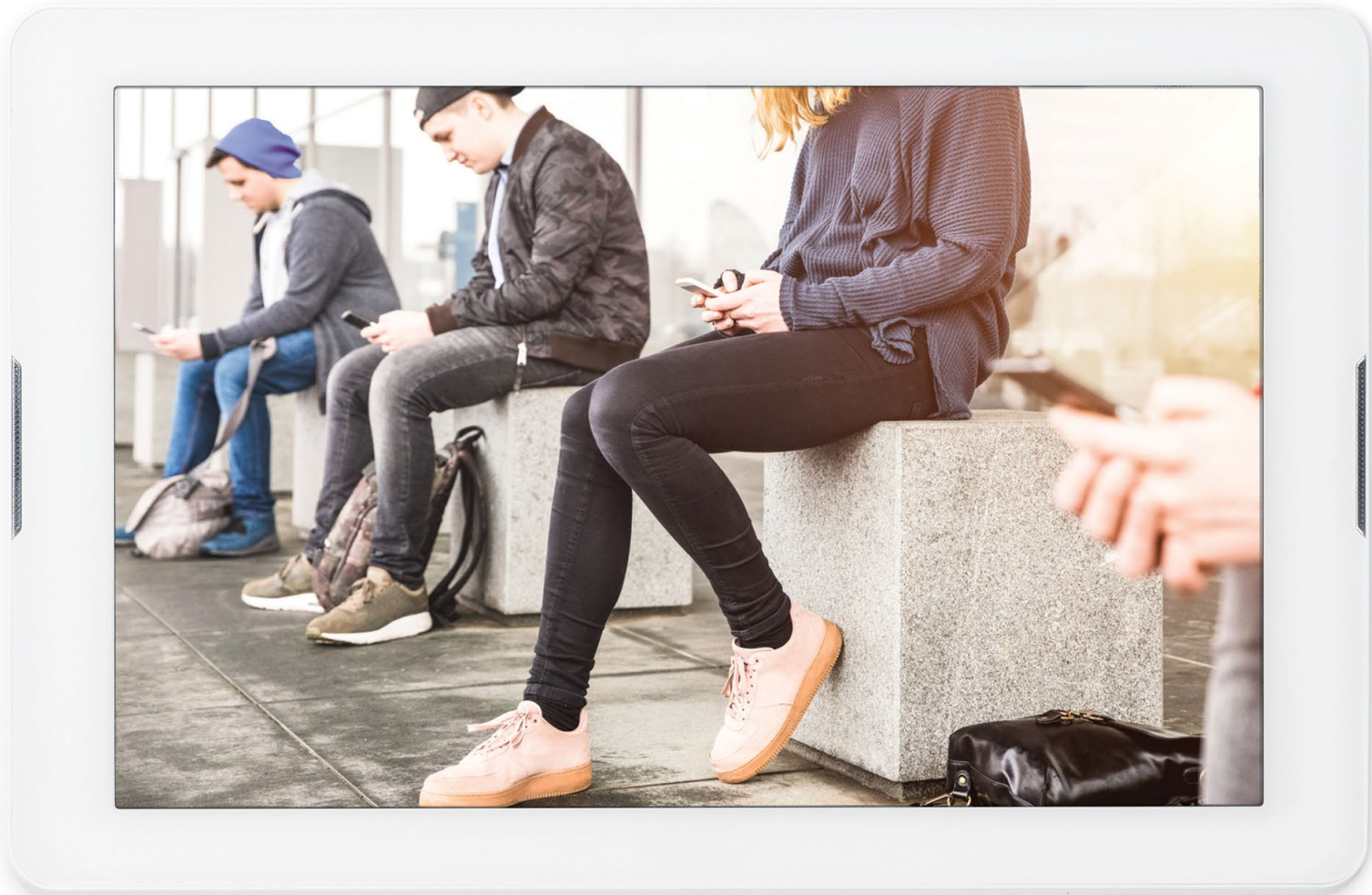


Manage your screen time



How we manage our screen time is a key factor to our well-being. Always be mindful of when, where and how you're using technology, and how your tech use makes you feel. To help balance screen time, establish tech-free times like keeping your phone out of sight when you spend time with friends and family.

Did you know? Digital media use can start to cause negative effects after only two hours.* Always use screens mindfully, as an activity you choose, rather than something that you do out of habit.

This poster is a part of the Smart Social campaign developed by TELUS Wise in partnership with the Canadian Association of Chiefs of Police. Smart Social encourages Canadian youth to be smart on social media, stay safe online and use technology responsibly.

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*Source: Twenge, Jean M., Martin, Gabrielle N., Campbell, W. Keith, 2018, « Decreases in psychological well-being among American adolescents and links to screen time ».
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