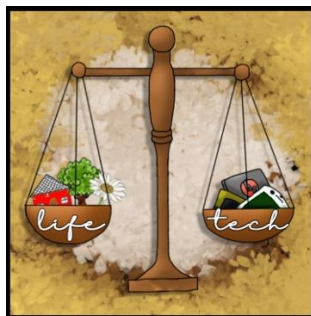


Tech Balance Community Effort



How Do We Optimize Post-Secondary Success in a Tech-Addicted World?

Screen Time / Device Use And Social Media's Impact

Emotional – Mental – Physical Wellness – Personal Safety

Technology use is a significant source of post-secondary opportunity for our Coyotes. Research indicates that teen rates of depression, anxiety, and suicide have sky-rocketed in correlation with the development of the Smart Phone.

Part of our “why” for this effort is to create awareness and share resources as a community.

Together we can unite to optimize our Coyotes’ post-secondary success.

We encourage you to join our Principal, Dr. William Sorensen’s Tech-Balance Community Effort.

TECH BALANCE EFFORT	DATE	DESCRIPTION
WEEKLY CHALLENGES	MARCH 17 *	INTRODUCTION
RECONNECT	MARCH 24 * MARCH 25 #	SCREENS AT LUNCH Can you experience one lunch time without a screen? If not, how long can you last?
CREATE	MARCH 31* APRIL 1 #	OUTSIDE EFFORT – MINUS THE PHONE Walk the dog, hike, garden, build something, outside chores, etc.
CONVERSATION	APRIL 7 * APRIL 8 #	TAKE A “PHONELESS” CAR TRIP
RESTFULLNESS	APRIL 14* APRIL 15 #	NO SCREENS 1 HOUR PRIOR TO SLEEP
COMMUNITY NIGHT	APRIL 24 @ 6 PM Centennial HS AUDITORIUM	Share research, community survey results and hear from our student, parent and educator panel

**School Messenger Email # Video Announcement*

[Centennial HS Website – Community Initiatives ~ Tech Balance Information](#)