

FOR A USE OF SCREENS THAT IMPROVES OUR WELL-BEING.

PAUSE

Pauseyourscreen.com  

Dear Sir or Madam,

This summer, your camp is once again invited to take part in the week-long PAUSE Challenge. An initiative of Capsana made possible with the support of the Government of Quebec, the Pause Challenge is a call to all summer camps to encourage children and counselors to adopt healthy screen-use habits through challenges and fun activities. The aim is to prevent the risks associated with hyperconnectivity.

WHY TAKE UP THE PAUSE CHALLENGE?

Internet is a part of our daily lives, and that's a good thing! But when screens are misused or overused, they can be associated to certain harmful effects, particularly among young people, who are more at risk. Since screen time for many of us has increased significantly in recent years, it is more important than ever to put our screens on pause regularly and to rediscover the benefits of screen-free time. The aim is to try to improve our screen use habits so that we can stay in control of tech, and therefore use screens in a way that feels good. The PAUSE Challenge is a fun and positive way to try unplugging.

HOW DOES IT WORK?

Register your camp and invite your team to take up the challenge with their groups of campers! To prepare, camp counselors can take a [fun quiz](#) (only available in French) that uses five scenarios to help them better understand their screen use, as well as providing them with a profile and possible concrete avenues for improvement.

Several tools are available to help them carry out the challenge and promote it:

- **Kit featuring 10 fun-filled turnkey activities** that counselors can do with their groups of campers (based on their interests and programming)
- Activity sheet featuring **10 challenges** to try
- Promotional materials (poster and letters)

REGISTER YOUR CAMP: <https://portail.tremplinsante.ca/en/tools/campaign-pause-challenges/>

HOW TO PROMOTE THE CHALLENGE?

It's easy! Share the information with your camp team. A letter was prepared specifically for them.

PARTICIPATION PRIZE

Participating camps will have the chance to win one of three Paper Shoot cameras.

FOR MORE INFORMATION:

Frédérique Brazeau
Addiction Prevention and Health Advisor
PAUSE Campaign
fbrazeau@capsana.ca

Valentina Nieto
Fondation Tremplin Santé
vnieto@tremplinsante.ca

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