

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

PAUSE

Pauseyourscreen.com



Dear parent,

The summer camp in which you have registered your child this year offers, among its various activities, the PAUSE Challenge. Over the course of a pre-determined week, campers will take part in unplugging challenges with their counselors, and then participate in activities designed to promote balanced Internet and screen use.

WHAT IS PAUSE?

PAUSE is an initiative of Capsana, made possible with the support of the Government of Quebec. PAUSE collaborates with Tremplin Santé for its summer camp program. Specifically, PAUSE invites teens, young adults, children and their families to assess their digital habits and take simple steps to improve them so that they can enjoy the benefits of the Internet without experiencing its harmful effects.

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 has increased significantly in recent years for many of us, it is more important than ever to put our screens on pause regularly. 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 approach is fun, realistic and not at all anti-tech. It's also a great way to try unplugging and appreciate its benefits.

A PAUSE CHALLENGE AS A FAMILY?

Why not use the opportunity to take up a challenge as a family? Here are two suggestions you can try at home to spend some quality screen-free time:

- During your next meal together, challenge your family members to put away their screens. Take the opportunity to chat and tell each other about your day!
- During your next family outing, challenge each family member to leave their cell phone or tablet at home... or at least out of sight (on silent mode), in a pocket or bag.

FOR INFORMATION, TOOLS AND INSPIRATION:

Visit pauseyourscreen.com.

FOR MORE INFORMATION:

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