



LiveMore ScreenLessTM
DIGITAL WELLBEING AND BALANCE

House Education Finance Committee

February 24, 2022

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LiveMore ScreenLessTM

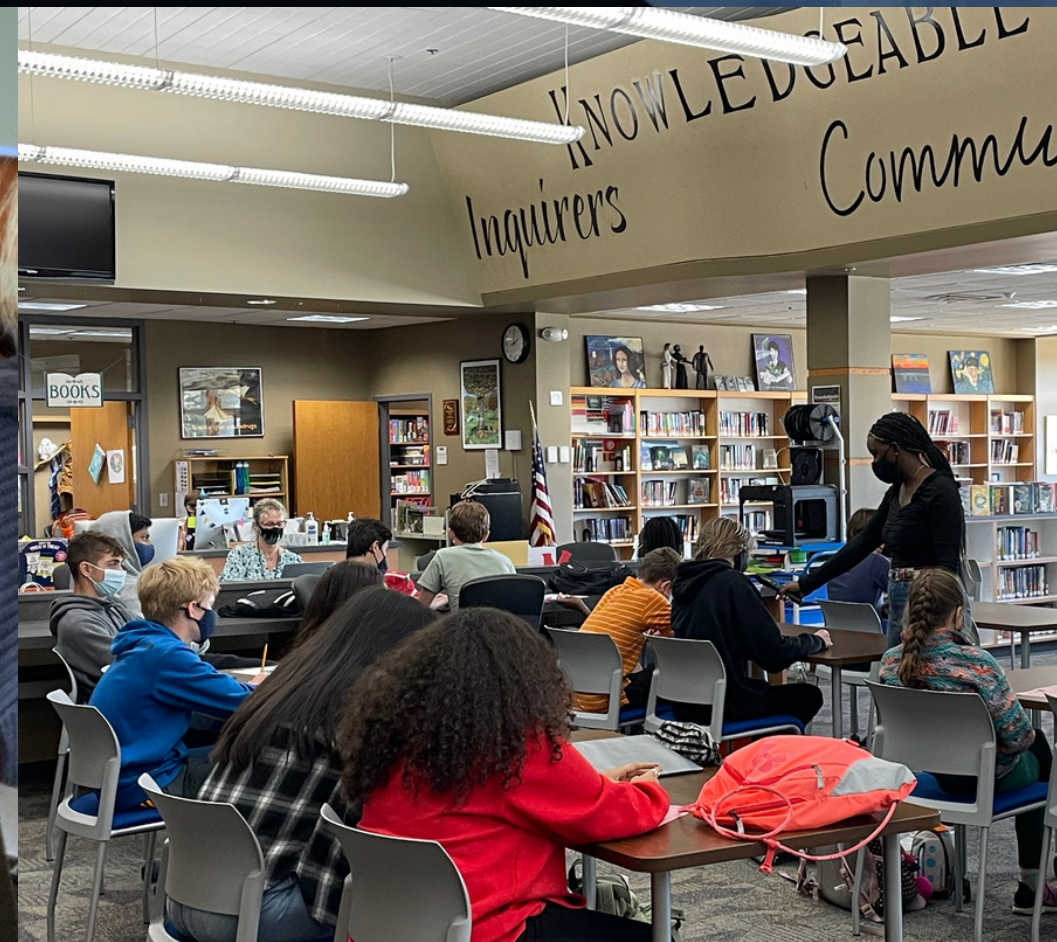
DIGITAL WELLBEING AND BALANCE

LiveMore ScreenLess advocates and promotes digital wellbeing for and with young people through a collaborative and comprehensive community approach.



THE FUTURE OF TECH

OCT 15 | 12 PM (CST) | Y4Y SUMMIT



LiveMore ScreenLess'

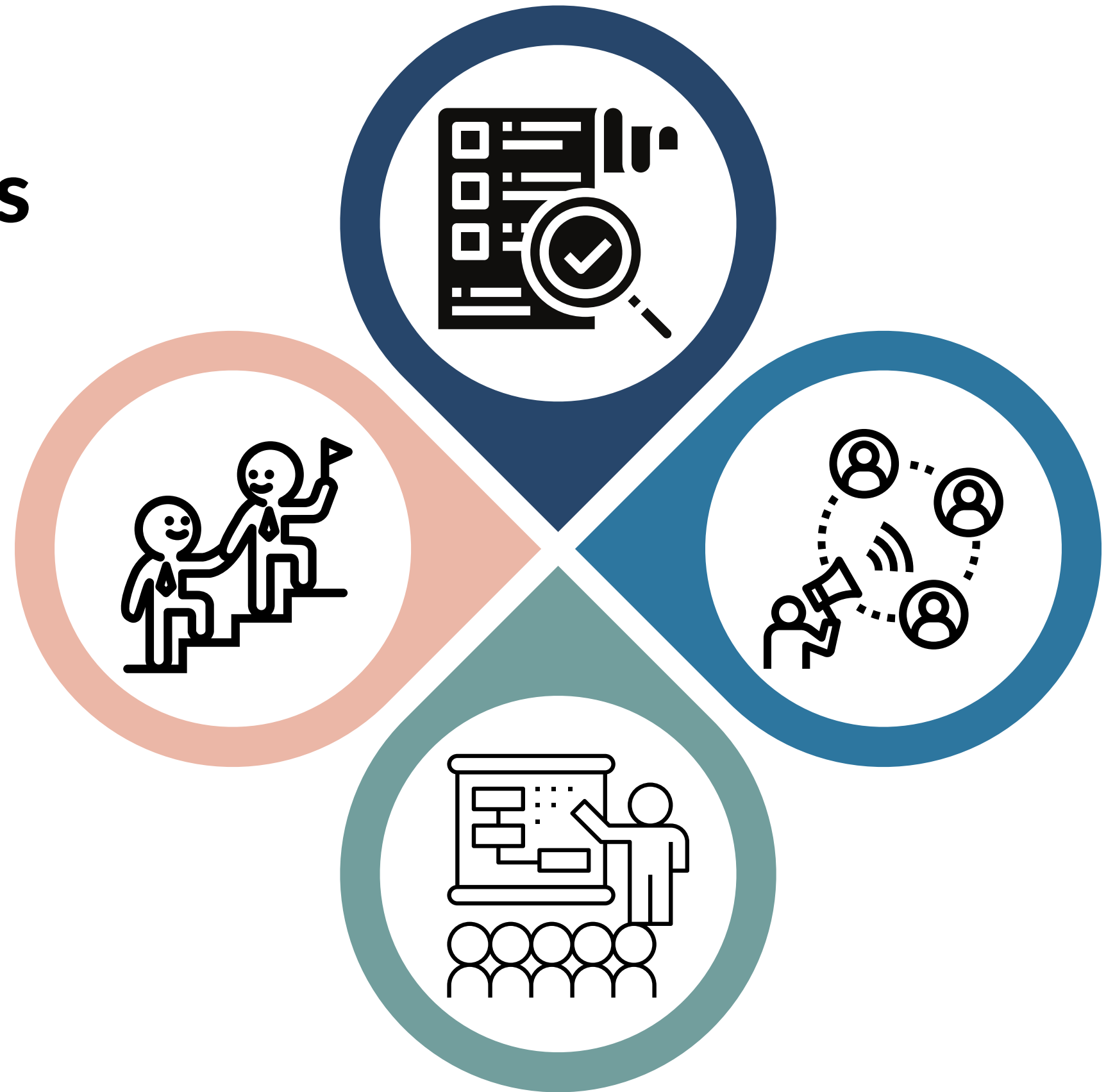
4 Digital WellbeingProjects

01 Resource Hub

02 Parent Communication

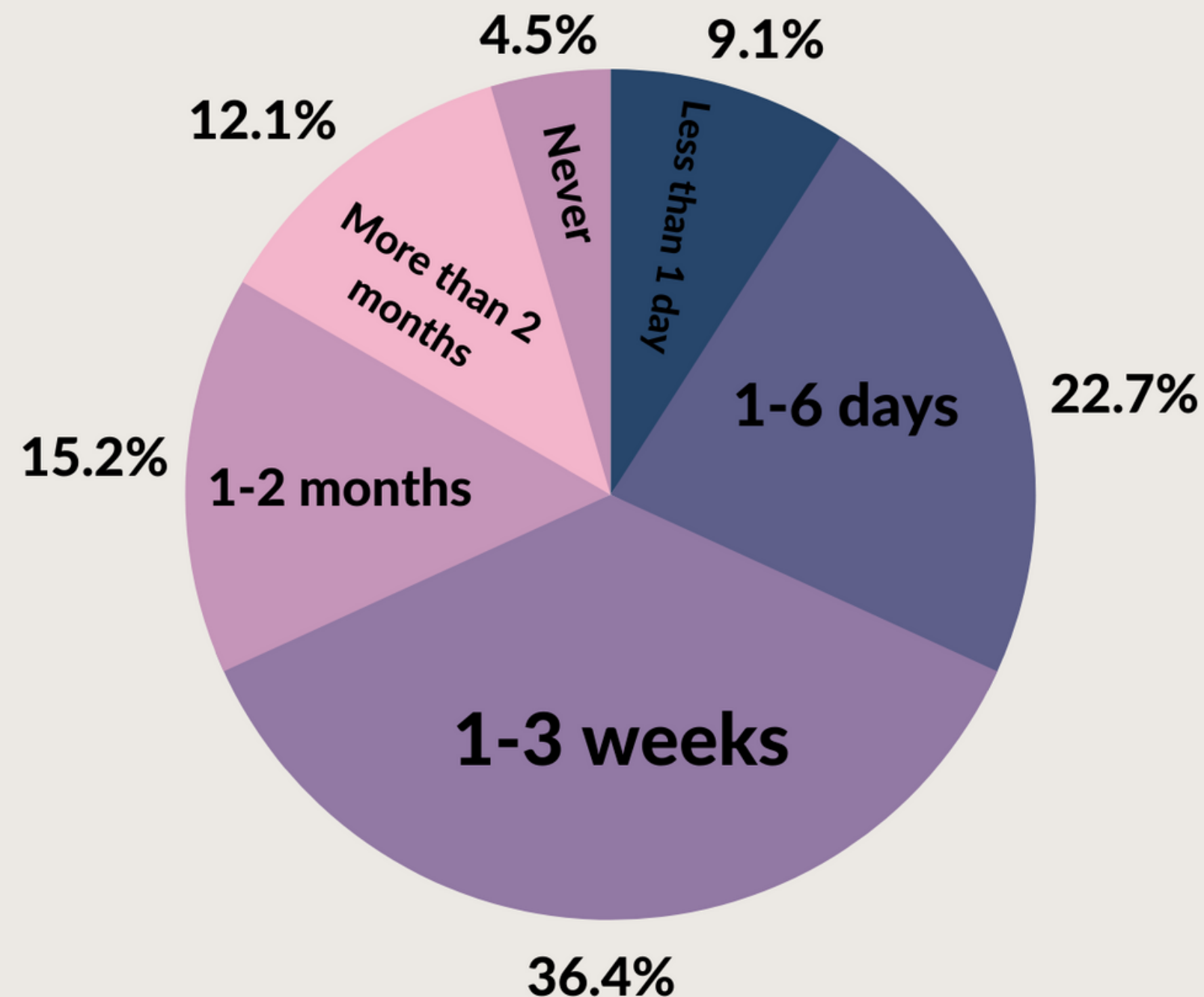
03 Train the Trainer

04 Peer Education



Example of Youth Voice Infographics

How long have you gone without your device?



LiveMore ScreenLess held a workshop with RISE students and asked students:

What are the **benefits** and **drawbacks** of social media?



Benefits

Communication - with friends, family, long-distance loved ones

Information - Google, news media

Entertainment - apps, games, etc.



Drawbacks

Cyberbullying



Stress/exposure to negative content



Less sleep



