Fairfax County School Health Promotion
March Tips of the Week for Middle School

Reduce Screen Time: Unplug to Recharge!

Start each tip with this dialogue: "Welcome to you Healthy Tip of the Week!"

Week 1:

Did you know the average teen spends more than 11-hours a day looking at a screen? Too much screen time is linked to weight gain, trouble sleeping and difficulties paying attention and learning. Today, put down your screen and try a new activity to unplug and recharge your mind and body.

Tune in next week for another Healthy Tip of the Week!

Week 2:

Did you know that 60 percent of teens send or receive texts after "lights out" at night? The light from devices can affect getting a good night's rest, which is needed to recharge our minds and bodies. Aim for 9-11 hours of sleep tonight by turning your phone on silent or leaving it in another room.

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Week 3:

One-third of teenagers send more than 100 texts per day! Excessive screen use can hurt your body by causing strain on the wrists and neck and eye problems. Take a break today and carve out some time to recharge your mind and body. Think about going for a walk with a friend or trying a new activity.

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Week 4:

Did you know that teenagers use their phones for talking less than any other age group (except senior citizens)? Rather than texting, think about calling a friend today. Or better yet, meet him in person. Make some time this week to unplug and recharge by spending time with a friend. IRL!

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