



Why are we doing this activity?

Our organization wants to help people and communities to be healthy now and in the future by supporting sustainable technology use.

Sustainability is protecting people, planet, and prosperity.

How is this activity connected with sustainability? This activity you are doing today is a small part of supporting three sustainability goals for 2030 created by the United Nations.



Promote mental health and well-being

Many experts believe that too much passive screen time—such as watching a stream of videos or scrolling through social media—can have negative impacts on a child’s mental health and sleep habits, increase their risk of obesity, and delay language development.



Increase the number of youth who have relevant skills for future careers

Adding creative activities to passive screen time can be a good opportunity for children to expand their imagination. Children who build their creative confidence may be more likely to share their great ideas with the world and succeed in the 21st century workplace.



Ensure equal opportunity and reduce inequalities of outcome

Too much passive screen can lead to a variety of negative health effects. A 2019 study from Common Sense Media found that tweens and teens from lower income households on average spend about one hour and 45 minutes more on screens than their higher income peers.