

💡 Discussion Before Starting:

- When do we scroll out of boredom, stress, or habit?

- How does scrolling make us feel?



DIGITAL FAMILY PACT

Family Pact Rules

- ✓ No scrolling (social media, YouTube shorts, random browsing)
- ✓ No screens during meals/family time (unless for learning/work)
- ✓ Replace scrolling with fun offline activities

Activities we'll do instead:

- _____
- _____
- _____
- _____



The 24-Hour Challenge

Date: _____

Start Time: _____

End Time: _____

Activities we'll do instead:

Family Member 1: _____

Family Member 2: _____

Family Member 3: _____

Family Member 4: _____

Family Member 5: _____



After 24 Hours, Reflect:

How did you feel emotionally?

Was it harder or easier than expected?

Would you try it again?

Activity 2: Screen time check in**Time:** 25 minutes**Age and Digital Media Access:** _____**Topic:** Emotional Intelligence**Activity Worksheet****1. How are you feeling right now?****Write or circle one (or more) emotions:**

Happy Worried Bored Frustrated Tired Sad Excited Overwhelmed

Other: _____

2. Why are you using your device right now?**(Tick one or more)**

- To relax
- To chat or connect with friends
- To do schoolwork or learn
- To escape or avoid something
- I'm not sure — just picked it up
- Other: _____

3. Try one of these calming practices before you begin:**(Check when done)**

- 3 deep breaths
- 5 gentle stretches
- One word that describes your mood: _____

After Screen Time – 2-Minute Reflection

4. How do you feel now, after using your device?**Circle one or more:**

Better Same Worse Drained Inspired Bored Calm Stressed

**5. What kind of activity did you just do?****(Tick one)**

- Watched videos Played a game Browsed social media
 Chatted/messaged Schoolwork Other: _____

6. Was this screen time...**(Tick one)**

- Helpful or productive
 Fun or relaxing
 Stressful or overwhelming
 Distracting
 Not sure

1. Late-Night Group Chat

Your class group chat keeps buzzing with messages until 2 AM. Some people expect replies instantly—even during sleep hours.

How can you set boundaries with your classmates without feeling left out or rude?

2. Tagging Without Asking

A friend posts and tags you in a silly photo from school without asking. You don't like how you look and feel embarrassed.

How do you ask them to take it down in a respectful way?

3. Constant Texting in Relationships

Your boyfriend/girlfriend gets upset if you don't reply to messages right away—even if you're studying or spending time with family.

What's a healthy way to talk about personal space in a relationship?

4. TMI (Too much information) in Group Chats

One friend keeps oversharing really personal or awkward stuff in your class or club chat. It's making others uncomfortable.

What could you say or do to keep the chat respectful and comfortable for everyone?

5. Screens at the Dinner Table

You're told to put your phone away during dinner or family time, but you don't want to miss something in the group chat.

How do you balance staying connected with being present in real life?

6. Checking a Friend's Phone

You feel suspicious when your friend is chatting with someone new, and you're tempted to look through their phone or messages.

Where's the line between curiosity and invading someone's privacy?

7. Group Work Overload

A teammate in a group project keeps messaging the group chat all day and night. You feel overwhelmed but don't want to seem lazy.

How do you protect your time while still being a good teammate?



8. Parents Posting About You

Your parent shares photos of you on their social media—sometimes ones you don't like. They say it's no big deal.

How can you explain your feelings and ask for digital boundaries at home?

9. Leaving People on Read

You read a friend's message but didn't reply right away. Now they're annoyed and asking why you're ignoring them.

How do you handle pressure to always be available online?

10. Emotional Dumping via Text

A classmate constantly texts you about really intense problems. You want to be supportive, but it's starting to affect your mood and focus.

What's a caring but clear way to protect your own emotional space?

11. Social Media Pressure from School Clubs

You're in a school club, and they ask everyone to post about it on their personal accounts. You're not comfortable sharing it publicly.

How do you say no without hurting your involvement in the group?

12. Phones before Sleep

You and your friend always chat or scroll social media late into the night—even when you're exhausted and falling behind on schoolwork.

What digital boundary could help your sleep and focus?

13. Online Hangouts Fatigue

Friends keep asking you to join online gaming or video calls every evening. You're tired but don't want to seem boring or antisocial.

How can you take a break without damaging friendships?

14. Privacy vs. Safety

You want privacy on your phone and social accounts, but your parents want to check everything for safety. You feel like they don't trust you.

How can you start a respectful conversation about privacy and trust?

15. Homework Breaks or Distractions

You're trying to study, but messages, TikTok, and Snap notifications keep pulling you in. You tell yourself you'll take just a 5-minute break—but it turns into 45.

What boundary could you set with your device or apps to stay focused?