



CANADA'S CENTRE
FOR DIGITAL AND
MEDIA LITERACY

Screen-Free Week

[Screen-Free Week](#) is an annual event that traditionally takes place in April. Each year people from around the world make a conscious decision to turn off screens of all kinds for the week.

Screen use can have [negative or positive effects](#), depending on how it's being used and for how long. There is no one-size-fits-all model for incorporating technology into our everyday lives. The best way to improve digital well-being is to strive to integrate technology into your family's life in a more *meaningful* and *balanced* way.

[Screen Free Week](#) is an opportunity to reflect on the role screens play in our individual lives and challenge ourselves to make changes, whether that means making minor adjustments as a family or going cold-turkey for the full week.

Here are some ways you can find balance during Screen Free Week:

- **Create 'Screen-Free Zones' at home.** Establish times and areas where different screens will be off-limits to the whole family, like around dinner time until cleanup is done or in the bedroom an hour before going to sleep.
- **Organize activities with family and friends.** For each day of the week, make time for at least one leisure activity that you can share with people in your life. Take a walk, start a DIY project (without a YouTube tutorial), or play a board game. As long as you're having fun and spending time together!
- **Make screen time family time.** If your family isn't completely cutting out digital technology, make screen time interactive by watching, listening or playing together. Turn [co-viewing with your kids](#) into a learning opportunity by teaching them to think critically about the media being consumed.

More tips and information:

[Using Parental Controls](#)

There are [lots of ways](#) of limiting what content your kids can see online, which apps and programs they can access and how much time they can spend online.

[Four Tips for Managing Screen Time](#)

Here are [four important steps](#) to take to keep screen time under control and make screen use a valuable part of your kids' lives.



Our Parent Bloggers on Screen Free Week:

- [Managing Your Family's Media Time in a World of Screens](#)
- [Surviving Screen Free Week](#)

Lesson Plans for Teachers:

MediaSmarts and the eQuality Project have recently launched The Disconnection Challenge, a lesson plan for grades 7 to 12 that encourages students to reflect on their screen use and find out what life is like after a week of being “disconnected.”

We also offer lesson plans addressing similar issues for younger students:

- [Finding Balance in Our Digital Lives](#) (K-3)
- [Game Time](#) (4-6)

More resources are available on the Screen Free Week website here: <https://www.screenfree.org/>

