CyberBreak
A 24-hour digital detox

Friday, 18th October 2024, from 5pm (for 24 hours)

TOP TIPS HEALTHY DIGITAL BALANCE FOR KIDS!

1 Don't use your smart devices during mealtimes
2 Never use your smart devices in your bedroom alone
3 No screen time 2 hours before bed
4 Make sure to spend time offline every day doing fun activities
5 Talk to a trusted adult if you see or hear something upsetting online
6 Encourage your parents to spend less time on their phones!
7 Be kind online

PRIZES!

All registered schools will be in with a chance of winning

3 x €500 One4all gift voucher

1 x CyberSafeKids online safety workshop package

THINKING ABOUT LiFE OFFLINE

- Fresh air
- Arts & crafts
- Exercise
- Baking
- Outdoor fun
- Playdates
- Music
- Family time

Sign your school up now: **cybersafekids.ie/cyberbreak** or scan this QR code

CYBERSAFE KIDS

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CyberSafeKids, Ireland's online safety charity, is running its annual CyberBreak from 5pm, Friday 18th October until 5pm, Saturday 19th October 2024.

Sign your school up now: **cybersafekids.ie/cyberbreak** or scan this QR code

Sign Up NOW!

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A 24-hour digital detox

Friday, 18th October 2024, from 5pm (for 24 hours)

This 24-hour digital break encourages all kids and adults to switch off their smart devices (phones, tablets, laptops, computers, gaming consoles, etc.) and disconnect from the online world to spend some quality offline time with family and friends.

Activity 1
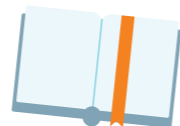### Imagine a world without any smart devices.

Draw a picture or write a short story about this world. What does it look like? How do people live? What do they do each day?

ACTIVITY 2
Design an interesting schedule for your CyberBreak day.

Remember: the entire day should be spent without any smart devices (you can watch a movie with your family!)

Activity 3
Debate!

Agree on clear rules of how to give everyone a voice and how to exchange ideas respectfully.

You should agree or disagree with this statement: "The online world has made our lives better."

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Activity 4
Create a public campaign to promote better digital health for your peer group.

You will need a name, logo, slogan, and campaign message. Use these to create a one minute campaign video for your school's website!

Activity 5
Discuss how to make the online world a better place.

Generate a list of ideas on how we can make the online world a more positive and inclusive place for everyone.

ACTIVITY 6
What will technology look like in the future?

Design future technology that will exist thirty years from now in 2054, e.g. flying cars, clean-your-bedroom robots. What will it look like? What can it do? How will you use it? Draw a picture and chat about it with your classmates.

Classroom Activity IDEAS

Activity 7
Create a brand new offline game you can play (individually or as a team). There should be no need for any technology to be used.

You must:

- Decide clear rules
- Design a way to win
- Give it a name
- Make sure everyone can participate in the game
- Make it safe
- Test your game
- Have fun playing it!

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