

# CyberBreak

A 24-hour digital detox

Friday, 17th October 2025,  
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 one hour 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



THINKING  
ABOUT  
**Life**  
OFFLINE

Fresh air

Exercise

Outdoor fun

Family time

Arts & crafts

Baking

Friends

Music



Sign your school up now:  
[cybersafekids.ie/cyberbreak](https://cybersafekids.ie/cyberbreak)  
or scan this QR code



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# CyberBreak

A 24-hour digital detox

CyberSafeKids, Ireland's online safety charity, is running its annual CyberBreak from 5pm, Friday 17th October until 5pm, Saturday 18th October 2025.

New: competition  
for **SCHOOLS**



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Sign Up  
**NOW!**

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# New Competition!

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.

We are excited to announce a brand new competition for all schools participating in CyberBreak 2025!

This year, we are looking for the MOST CREATIVE POSTER that encourages everyone to join our 24-hour digital break.

When designing your poster, think about:

1. How you would encourage your friends and family to take a CyberBreak
2. The benefits for your digital health and wellbeing
3. Fun ways to spend the day without screens or smart devices

PRIZES

One winner from each category will win a €150 One4All voucher!

#### Categories

- a) Junior infants - 2nd class
- b) 3rd and 4th class
- c) 5th and 6th class

#### How to Enter

1. Make sure your school is signed up to participate in CyberBreak by visiting [www.cybersafekids.ie/cyberbreak](http://www.cybersafekids.ie/cyberbreak)
2. Each class creates posters and chooses/votes for the best individual or group poster to represent their class.
3. The class teacher takes a photo of the chosen poster and emails it (as a jpeg or png file) to [cyberbreak@cybersafekids.ie](mailto:cyberbreak@cybersafekids.ie)
4. Please include the following details:  
a) School b) Teacher Name c) Class Group

Get creative, think offline fun... we can't wait to see the poster YOU would design to promote CyberBreak!

## Classroom Activity IDEAS

### ACTIVITY 1

What will technology look like in the future?



Design future technology that will exist thirty years from now in 2055, 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.

### 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

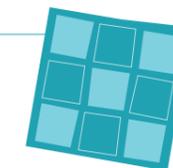
Discuss how to make the online world a better place.



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

### Activity 4

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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