

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
or scan this QR code



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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) 1st and 2nd Year b) 3rd and 4th Year

How to Enter

1. Make sure your school is signed up to participate in CyberBreak by visiting 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
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

Imagine a world without any smart devices.

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

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 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!"

