

CyberBreak Social Media Pack



About CyberBreak

From 7 pm Friday, 16 October, to 7 pm Saturday, 17 October 2026, families across the country are invited by Ireland's online safety charity, CyberSafeKids, to **switch off all smart devices for a full 24 hours.**

Supported by the HSE National Mental Health Office, CyberBreak is a nationwide initiative for **families, schools, and workplaces** – and a fun and interactive way for children, parents, teachers, and adults to pause, reflect, and see just how much time we spend online.

Join thousands of others in **unplugging for a day** and discover the benefits of a healthier balance between life **online and offline.**

Help us spread the word!

To accompany the CyberBreak images ([see folder](#)), we've provided some suggested social media posts for families, schools, and companies below to help spread the word and get more people involved in taking a CyberBreak.

With your support, we can make our 7th CyberBreak the biggest one yet...

Thank you!

Please tag CyberSafeKids and the HSE in your social media posts:

Social Media Platform	CyberSafeKids	HSE
Facebook	@cybersafekidsie	@hselive
Instagram	@cybersafekidsie	@irishhealthservice
LinkedIn	@cybersafeireland	@health-service-executive
TikTok	@cybersafekids	@hselive

Use hashtags:

#DigitalDetox #FamilyDigitalDetox #CyberBreak #CyberBreak26
#DigitalHealthandWellbeing #DisconnectToReconnect #Unplug

To Access Digital Assets: [Click Here](#)

Parent/Family Post

As parents, we've noticed how easy it is to get lost in endless scrolling—and our kids see it too. That's why our family is taking a **#CyberBreak**: 24 hours to put the devices down and really connect.

 From 7 PM Fri, Oct 16 → 7 PM Sat, Oct 17, 2026.

We can't wait for board games, family walks, and good old-fashioned conversation.

👉 Who's joining us? Sign up  www.cybersafekids.ie/cyberbreak

This CyberSafeKids initiative is proudly supported by the HSE.

#DigitalDetox #FamilyDigitalDetox #CyberBreak #CyberBreak26
#DigitalHealthandWellbeing #DisconnectToReconnect #Unplug

School Post

As a school community, we see the impact constant screen time has on focus, sleep, and well-being. That's why we're encouraging our students and families to take part in **#CyberBreak**: a 24-hour digital detox. 📵

 From 7 PM Fri, Oct 16 → 7 PM Sat, Oct 17, 2026.

A chance to disconnect from devices and reconnect with each other.

Let's model balance for our kids – together. 💡

👉 Who's joining us? Sign up ➡ www.cybersafekids.ie/cyberbreak

This CyberSafeKids initiative is proudly supported by the HSE.

#DigitalDetox #FamilyDigitalDetox #CyberBreak #CyberBreak26
#DigitalHealthandWellbeing #DisconnectToReconnect #Unplug

Company/Workplace Post

At [Company Name], we know how challenging it can be to truly disconnect – emails, messages, and notifications never stop. But balance matters. That's why we're supporting **#CyberBreak**, a 24-hour digital detox from Ireland's online safety charity, CyberSafeKids. 🌿

 7 PM Fri, Oct 16 → 7 PM Sat, Oct 17, 2026.

We're encouraging our team (and you!) to switch off and recharge –

because healthier people make stronger workplaces. 💪

👉 Join us in making space for what matters most.

Sign up ➡ www.cybersafekids.ie/cyberbreak

This CyberSafeKids initiative is proudly supported by the HSE.

#DigitalDetox #FamilyDigitalDetox #CyberBreak #CyberBreak26
#DigitalHealthandWellbeing #DisconnectToReconnect #Unplug

General Post

 Save the date! Ireland's online safety charity, CyberSafeKids, is hosting their seventh annual **#CyberBreak** from 7pm on Friday, 16th October, to 7pm Saturday, 17th October, 2026.

They're encouraging all schools, families, and companies across the country to completely ditch their smart devices (phones, tablets, laptops, computers, and gaming consoles) and take a 24-hour break from the online world.

Almost 50,000 people signed up to take a CyberBreak last year. So what are you waiting for?!

 Sign up your family, school, or company today:

👉 www.cybersafekids.ie/cyberbreak

This CyberSafeKids initiative is proudly supported by the HSE.

#DigitalDetox #FamilyDigitalDetox #CyberBreak #CyberBreak26
#DigitalHealthandWellbeing #DisconnectToReconnect #Unplug