



# Screen Aware September Challenge

To help motivate kids and families to limit recreational screen time, we've created the **Live 5-2-1-0 Langley Screen Aware September Challenge**— a weekly goal tracking resource to help kids and families work towards reducing screen usage. This initiative was created for the Langley community by the Langley Children's Committee Family Tech Time Committee in collaboration with Live 5210, an initiative of BC Children's Hospital. Partners include: Fraser Valley Regional Libraries, Fraser Health and other members of the Langley Children's Committee.

## The Guidelines

The Canadian 24-hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep recommends limiting recreational screen time to no more than 2 hours per day for children aged 5-17 years. These guidelines are informed by evidence on the relationship between screen time and children's health, and supported by experts in the field.



For more information on healthy screen use, visit [Live5210.ca/resources](https://Live5210.ca/resources), or scan this code.

## HOW TO PARTICIPATE

1. Check off each day you work towards your goal! Whether or not you meet your goal, tracking your efforts for a full week counts as a complete week and earns you an entry for the prize draw.
2. Complete all four weeks in September to maximize your chances of winning (each week = 1 entry). Every attempt is a step forward, so keep going!
3. Once the monthly goal tracking sheet is complete, fill out the short evaluation survey at the end of the card.
4. When steps 1 and 2 are completed, return this sheet to your local library before October 6 2024 to be entered into the prize draw.

## BUILD YOUR GOAL

1. Pick a goal that will help reduce your screen time (flip over for ideas, or create your own).
2. Decide how many times, and on which days, you'll complete the action in one week.

NAME

CONTACT EMAIL ADDRESS (For prize purposes only)

## WEEK 1: September 2–8

My goal is: \_\_\_\_\_

I will do this \_\_\_\_\_ time(s) this week, on **M T W T F S S** (circle)

*Tick off to record progress throughout the week*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## WEEK 1: September 9–15

My goal is: \_\_\_\_\_

I will do this \_\_\_\_\_ time(s) this week, on **M T W T F S S** (circle)

*Tick off to record progress throughout the week*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## WEEK 1: September 16–22

My goal is: \_\_\_\_\_

I will do this \_\_\_\_\_ time(s) this week, on **M T W T F S S** (circle)

*Tick off to record progress throughout the week*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## WEEK 1: September 23–29

My goal is: \_\_\_\_\_

I will do this \_\_\_\_\_ time(s) this week, on **M T W T F S S** (circle)

*Tick off to record progress throughout the week*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

- Leave all devices and screens outside of the bedroom after bedtime
- No phones, tablets, or laptops at meal times
- Turn off electronic devices 15, 30, or 60 minutes before bed time
- Set a timer, and put your device away or turn off the TV after 1 hr
- No time on screens in the morning before school
- Set a timer for only 15 or 30 minutes on YouTube or social media at a time
- Replace 30 minutes of screen time with reading or a boardgame
- Watch only 1 episode of a favourite show
- Replace 30 minutes of screen time with a craft activity

## EVALUATION

### 1. How much did you enjoy the Screen Aware September Challenge?

- I really enjoyed it
- It was okay
- I didn't enjoy it

### 2. Did setting goals during this challenge make you spend less time using screens?

- Yes
- No
- Not sure

### 3. Did taking part in the challenge make you think more about your screen use?

- Yes
- No
- Not sure

### 4. Which goal did you find most challenging?

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### 3. Which of these Live 5-2-1-0 daily guidelines is the most difficult for you to stick to?

- Eating 5 fruits and vegetables
- Getting less than 2 hours of recreational screen time
- Getting at least 1 hour of physical activity
- Drinking 0 sugary drinks



Live 5-2-1-0 is a simple, easy-to-remember message to help kids and families adopt healthy habits. For more information and resources visit [Live5210.ca](https://www.Live5210.ca)



Enjoy **FIVE** or more vegetables & fruits every day



Play actively—at least **ONE** hour each day



Power down—no more than **TWO** hours of recreational screen time per day



Choose **ZERO** sugary drinks