

SMART GEN SOCIETY

Social Media Break

A 24-hour pause from social media accounts.

Smart Gen Society is the leading organization in the region aimed at bringing preventative and proactive measures into our communities to offset the negative implications of a society immersed in technologies with a lack of resources and education to safely manage them. It is our goal to help students make smart choices in the digital world.

Why we do this?



Social media allows you to create your own online identity, communicate with others and express yourself. However, being constantly connected can have its consequences.

The average American teen spends 7 hours online each day, excluding time spent on schoolwork. Technology can affect your social development by robbing you of empathy, compassion, and sensitivity to human relationships, affecting your focus and in-person relationships. Social media can create feelings of missing out, press content designed to lower your self-esteem and increase your chances of suffering from anxiety and depression.

Taking 24-hours to prioritize real-life will shed light on how much your digital usage affects your quality of life, both positively and negatively. Hopefully, by taking a break you'll learn to think critically about how, and how much, you use it going forward. We think you might find that by taking a break you have improved mood, better personal relationship, more self-worth, and increased productivity.



Smart Gen Society
(402) 505-3993
8710 F St., 112
Omaha, NE 68127



Connect with us **eSmartGenSoc**
Visit **smartgensociety.org**

SMART GEN SOCIETY

Social Media Break

A 24-Hour pause from social media accounts.

Guidelines:

To fully embrace this break, we ask that you follow these guidelines.

1

The challenge lasts 24 hours. Throughout this time try not to use any form of social media. This includes Instagram, TikTok, Snapchat, Twitter, Facebook, etc. Exception: five minutes a day to maintain Snapchat streaks. We also ask that you don't use any streaming services on smart devices.

2

To take the challenge, post our graphic on all your social media platforms to declare your participation in the challenge. Use #unplugandbepresent, follow, and tag @SmartGenSoc on your accounts. Challenge and tag a few of your friends to join you on this journey.

3

If at any point throughout the challenge, if negative emotions or feelings arise, we ask that you talk to your support system or call our partner at The Boys Town Hotline (1-800-448-3000), for support. They will connect you with someone you can speak to, who will help you talk through your emotions and make a plan for how to help yourself. If you have any questions or concerns about the challenge please connect with Smart Gen Society for further assistance.



Smart Gen Society
(402) 505-3993
8710 F St., 112
Omaha, NE 68127



Connect with us [eSmartGenSoc](#)
Visit smartsociety.org

SMART GEN SOCIETY

Social Media Break

A 24-Hour pause from social media accounts.

What to do instead?

Participating in this activity will help you grasp just how much time you really spend on your device. *Here are a few ideas on how to fill the time...*

- Read that book you've always wanted to read.
- Hit the gym for a workout.
- Make real-life plans with family and friends.
- Create artwork, draw or paint!
- Watch your favorite movie or the latest blockbuster.
- Play soccer with your team.
- Spend your time journaling.
- Bake something to share with the ones you love.

Contact Info:

For any questions or concerns about the challenge please contact Smart Gen Society at **(402) 505-3993** during business hours or email **contact@smartgensociety.org**.

If you have any mental health or well-being concerns call our partner, Boys Town Hotmail at **(1-800-448-3000)** or text **"VOICE" to 20121**.

B Breathe! Take deep breaths and decompress. Let the anxiety melt away.

R Rest. Digital usage affects your sleep!

E Engage with real life and real human beings!

A Activate! Move your body, device-free!

K Kindness. Enjoy being away from online meanness. Do an act of kindness in your new found time!



Smart Gen Society
(402) 505-3993
8710 F St., 112
Omaha, NE 68127



Connect with us @SmartGenSoc
Visit smartgensociety.org

Reduce Anxiety

In the moment, if the moment feels too big, identify...



Social Media is a big part of our lives, taking a break might cause insecurity and doubt.

Remember, you may have a range of emotions.

It is always okay to ask for help!

Loneliness Lack of focus Boredom

Irritability Sadness

Worrying about missing out

Be unapologetic and embrace all the feels

Get creative (paint, bake, write)

Stay connected & spend time with others

Get relaxed (hot cocoa & a cozy blanket)

Move your body (dance, hike, walk)