

DISCONNECT TO CONNECT

Challenge Guide

To encourage youth to disconnect from their devices, reconnect with their communities, and advocate for how future social media settlement dollars can be used to benefit and invest in future generations' overall well-being.

Follow these steps to take action.

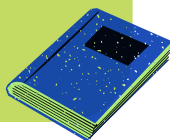


1. DISCONNECT

Put your screens away for 30–60 minutes a day and spend that time doing something in your community without technology,

Examples:

- Read a book
- Play board games
- Go to a local event
- Spend time with your family
- Play a sport outside
- Organize a hang out with friends
- Cook a special meal
- Learn a new hobby

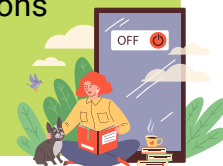


2. REFLECT

During the challenge, as you participate in screen-free activities reflect and ask yourselves the following questions, document your answers.

Questions:

- “Here’s what I noticed...”
- What are you gaining by disconnecting from social media?
- How do you see social media affecting your relationships and mental health?
- Why is engaging in real connections and real life important to YOU?



3. ADVOCATE+ SHARE OUTS

Kentucky may soon receive settlement funds from social media platforms to offset the negative impact of high screen times on youth. With your advocacy, we encourage you to let your local leaders know how those funds should be used in the community from your time spent offline.

PROMPTS

1. Share what you would want to see done when Kentucky gains social media settlement dollars!
a. I'd invest in ____
2. **Tag 3 friends**, organizations, school clubs, or anyone you want to see participate in this challenge!

SOCIAL MEDIA INSTRUCTIONS

Tag Kentucky Youth Advocates

(FB) @kyyouth

(IG) @kentuckyouthadvocates

Tag @disconnecttoconnectletsgetreal

Tag your Kentucky legislator.

Use our hashtags:

#DisconnectToConnectKY #FundIRL