BOO2BULLYING

SCHOOL PARTNERSHIP OVERVIEW

TEENS OFF YOUR SCREENS™

Digital Wellness. Real Connections. Lasting Impact.



► Watch the community experience

THE PILOT AT JAMES WORKMAN MIDDLE SCHOOL

Learning, kindness, and community connection in action.

Explore the program

boo2bullying.org/teens-off-your-screens

2026–2027

Healthier digital habits

A practical digital wellness and youth leadership experience for grades 6–12.

Technology is part of students' lives. Teens Off Your Screens helps young people use it thoughtfully while making more room for relationships, kindness, and meaningful experiences.



▶ Watch the students' 60-second kindness reel

LEARN

Understand screen habits and practice respectful communication.

CONNECT

Build empathy through kindness, teamwork, and community.

LEAD

Create positive media and share a message that matters.

From awareness to action

Eight guided sessions, with time for community connection, independent work, and recognition.

01 **Disconnect to Reconnect**
Explore digital habits, build trust, and set personal goals.

02 **Leadership in Action**
Practice teamwork, problem-solving, and positive leadership.

03 **Kindness in Action**
Turn empathy and inclusion into everyday acts of kindness.

04 **Connect with Community**
Apply compassion and teamwork through service-learning.

05 **Communicate with Confidence**
Strengthen listening, respectful expression, and conflict resolution.

06 **Build Resilience**
Explore coping strategies, stress management, and self-care.

07 **Make an Impact**
Create a 60-Second Impact Reel reflecting learning and growth.

08 **Reflect and Complete**
Finish the Leader Passport, reflection, survey, and program work.

SIGNATURE EXPERIENCES

Digital Wellness Leader Passport • One Hour to Reconnect • 30 Days of Kindness • Community Connection Experience

Gratitude in practice

Classroom experiences that invite students to pause, reflect, and connect.



▶ Watch the gratitude session with Maya Stojan

THE PILOT

Launched in January 2026 at James Workman Middle School, the pilot brought digital wellness, kindness, and youth leadership into the classroom.

GRATITUDE WITH MAYA STOJAN

A guest gratitude class gave students an opportunity to practice reflection and consider the people and experiences they appreciate.

Guest speakers and guided conversations complemented practical challenges and student-created projects.

Learning through participation

The pilot combined classroom discussions, kindness activities, personal reflection, and opportunities to work together. Students could connect the lessons to everyday choices at school, at home, and online.

“I could connect more with my family and friends.”

Anonymous participant response reported in the HARC infographic

Kindness beyond the classroom

A field trip that connected compassion, community learning, and time together.



Animal Samaritans

Students visited Animal Samaritans to learn about animal welfare and the organization's role in the community, bringing classroom conversations about empathy and kindness into a real-world setting.

Lunch and time to reconnect

The experience continued with a shared lunch at In-N-Out Burger, giving students time to talk, reflect, and enjoy being together.

Positive messages in motion

Student-created reels turn lessons about kindness and empathy into something others can watch and share.



KINDNESS

5 Ways You Can Be Kind

A student-created message about everyday acts of kindness.

Video link to be added



EMPATHY

How to Show Empathy

A student perspective on understanding and supporting others.

Video link to be added

Students may work individually or in teams, sharing roles such as directing and editing. Participation does not require a personal social media account.

What students reported

Findings from the HARC pilot evaluation infographic.

36% to 8%

Students reporting 8 or more hours of daily screen time

The reported share decreased from 36% before the program to 8% afterward.

58%

Reported improved mood or confidence.

92%

Felt connected to others at the end of the program.

100%

Felt more intentional about their screen time.

42% Did more sports and physical activity after the program.

75% Planned to continue reducing or limiting screen time.

78% Would definitely recommend the program to other teens.

HOW TO READ THESE FINDINGS

Based on 28 pre-program and 24 post-program surveys. Results are self-reported pilot findings; respondent totals differ. The complete two-page HARC findings infographic follows this packet as an appendix.

HARC

Made possible together

Major funding for Teens Off Your Screens™ has been provided by



Cassandra and James MacMillan

Chair 4 Foundation

Bring Teens Off Your Screens to your school

Let's discuss your students' needs, the right classroom group, scheduling, and funded program availability. Boo2Bullying works with school staff to coordinate delivery, student participation, and evaluation.

Dimitri Halkidis

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TEENS OFF YOUR SCREENS ™

Program Evaluation Findings



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Teens Off Your Screens is a 10-week program that helps students understand and reduce their screen use while building healthier habits, stronger connections, and greater well-being.

Evaluation findings presented here are based on 28 pre-program surveys and 24 post-program surveys examining changes in students' screen use, well-being, and offline activities.

REAL CHANGE - REAL IMPACT

Decreased Screen Time

Students reporting 8+ hours of daily screen time dropped from 36% to 8%

Improved Mood or Confidence

...reported by more than half (58%) of students

Better Sleep

Students reported a substantial improvement in sleep quality

Improved Social Connection

...At the end of the program, 92% felt connected to others

TURNING SCREEN TIME INTO OFFLINE TIME

Top **offline activities** students did more after the program:

- **42%** Sports and Physical Activity
- **21%** Cooking or Baking
- **33%** Creative Activities
- **13%** Chores & Organizing

FAVORITE PARTS OF THE PROGRAM



time for hobbies **the field trip**
connecting with others
time off phone *confidence*

"I could connect more with my family and friends."

-PARTICIPANT

"Spending more time on what you love."

-PARTICIPANT

"Getting to have way more fun without being on my phone."

-PARTICIPANT

100% All students felt **more intentional about their screen time** by the end of the program.

75% **Plan to continue reducing/limiting screen time** after the program has ended.

78% Would definitely **recommend the program** to other teens.

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Interested in this program? Contact:

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HARC