



Device Free Moments





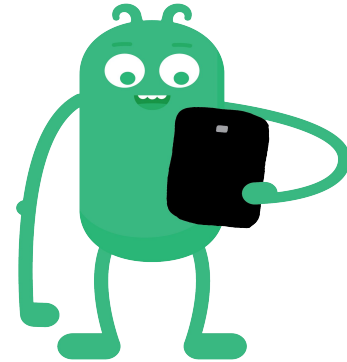
KEY

VOCA BULARY



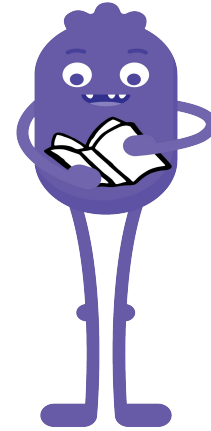
Respect

There are times when it hurts other people's feelings if you are distracted and not paying attention to them.



Concentration

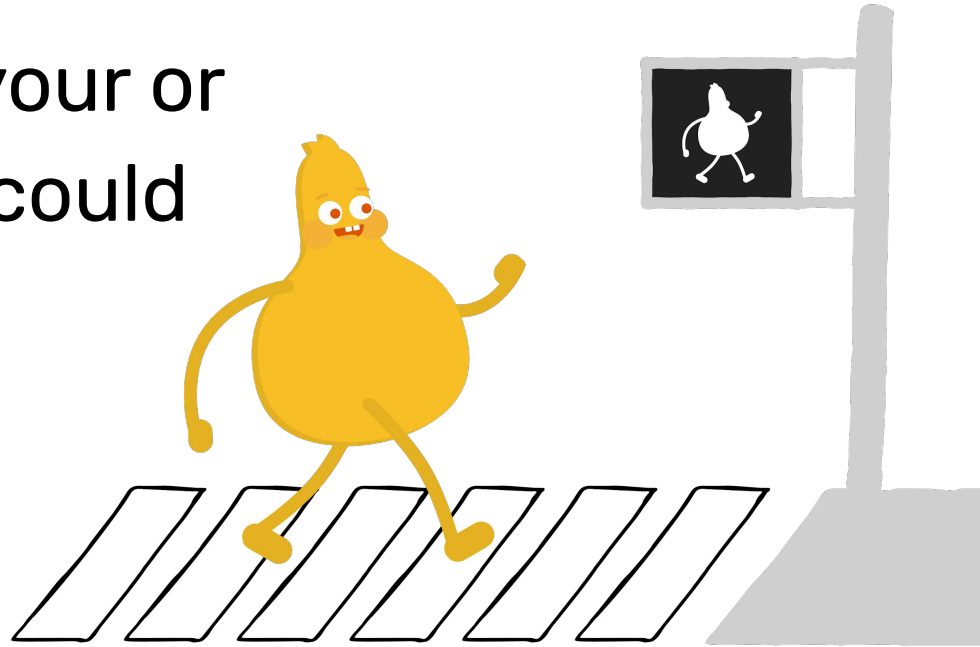
There are times when you should give your full attention to a specific activity.





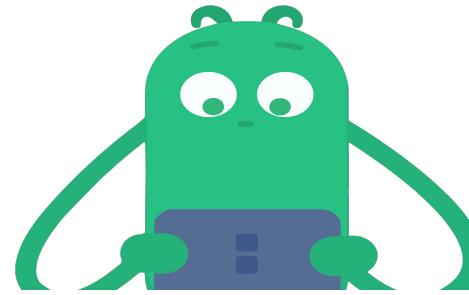
Safety

There are times when your or someone else's safety could be at risk.



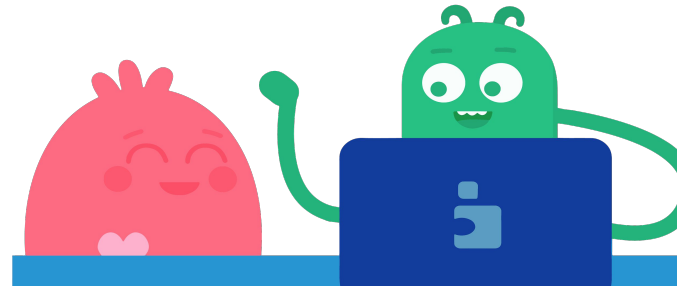
Distraction

something that keeps you from giving your full attention



Attention

noticing something or someone as important



THINGS YOU CAN DO TO HELP!

Family Device-Free Rules

Create a list of rules to help your family have device-free moments.

Remember, the rules aren't just for you, but everyone you live with.

You can write special rules for certain people.
Be the boss. You're in charge!



Watch this video to see how to have
a kind and meaningful conversation
with your friends if they need to be
DEVICE FREE with you!

