



What's not to "like"?

But "likes" aren't everything! Excessive use of social media can impact young people's self esteem. Be mindful of the negative effects of too much time online.



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Be kind to your mind.

Excessive screen use can negatively impact mental health and change brain function. Treat yourself and take a break when you can.



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Catch zzz's and rays, not viruses.

Take care of your body and your mind. Go to bed. Go outside.
Unplug from technology and step away from the screen.



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