

Slow Tech Your Life.

This is a collective action problem. A solution requires stakeholders to work together.

Home

School

Community

D.C. & Harrisburg

You → Your Device → Your Setting → Your Surroundings → Your Actions

STEP 1

You

Technoference

Definition: when technology can get in the way of crucial interpersonal relations and engagement.

STEP 2

Your Device

- Grayscale
- Turn off notifications & vibrations
- Delete ALL social media, games & gambling

Unpack your devices – fill your home with analog alternatives.

STEP 3

Your Setting

- Device free zones
- Device free bedrooms
- Device free meals
- Device free kid playdates
- Device use hours of operation
- Device use in common areas
- Device free viewing
- Device free tween/teen hangouts

STEP 4

Your Surroundings

- Exercise
- Bathroom
- Family walks/outings
- Waiting
- Kid activities
- Driving

STEP 5

Your Actions

- Imagination & free play
- Be outside
- Responsibility
- Reading
- Conversation

