

SCMS - White Ribbon Week 2023-24

“LOOK UP”

Tuesday Announcement:

Message:

“LOOK UP from your phone, Shut down that Display, take in your surroundings, make the most of today. Just one REAL connection is all it can take to show you the difference that being there can make.”

"LOOK UP" and see real people in person. Talk to your friends and family and have real face-to-face conversations. Make dinner with your parents or build something with your little brother. If we have happy, real-life experiences and LOOK UP each day, we discover lots of ways to make life good.

Challenge:

Have a sit-down meal with family or group of friends with - NO TECHNOLOGY.

Video to Watch:

[Look Up - Gary Turk](#) (4 mins & 58 secs)

Wednesday Announcement:

Message:

“I Can Choose to LOOK UP and experience real life.”

If we are not careful, social media can disengage us from real relationships, human interactions and living in the real world. You don't have to stop using social media or smartphones, BUT it's about finding balance! It's about making sure you are awake, alive and living in the moment, instead of living life through a screen.

Challenge:

Write a real letter or note or draw a picture to a family Member or Friend. Then deliver it in person or mail it. Connections are made when we look up from our devices.

Video to Watch:

[Mission 11 Harmful Effects of Excessive Screen Time](#) (3 mins & 28 secs)

Thursday Announcement:

Message:

“Don't forget to LOOK UP”

The Real Connection for the day is “Life is meant to be Lived” so swap out media time for a real- life experience each day. Excessive screen time, in whatever form it takes, affects the way we think and behave. Some experts believe excessive screen use of the internet, cell phones, and other technologies can cause us to “become more impatient, impulsive, forgetful and even more narcissistic.”

Today, swap our 30 minutes of screen time for a real life activity. Instead of texting a friend, try actually talking to him or her, instead of sending a selfie to your friend, surprise him or her by showing up in person. Real life activities will make life more interesting, fun and happy.

Challenge:

Swap out 30 min of screen time for a real life activity. Read a book, Play a board game or Card game with a friend or family member, go for a walk!

Video to Watch:

[▶ What did you do for fun when you were a Kid. Nature Valley Video](#) (2 mins & 41 secs)

[▶ The Battle for Your Time: Exposing the Costs of Social Media | Dino Ambrosi | TEDxLagunaB...](#)

- 11 mins & 32 secs
- This one is longer and meant to be watched at home.

Friday Announcement:

Our White Ribbon reminder for today is a review of all the great things we can do that will make a positive mark in our lives and in the world around us. Remember to swap out media time for real life experiences daily. We can choose carefully the things we text and post online. We can use technology to show kindness and respect for everyone.

Challenge:

Think about the mark you would like to make in your own life and in the community around you and decide now to make wise media choices that will help you pursue that goal

Videos to Watch:

[▶ look up from your phone](#) (3 mins & 52 secs)

[▶ Fake smile. Real pain.](#) (31 secs)