



Connected, Not Controlled Challenge

Call to Action

What is a Call to Action?

A call to action is when you tell your audience how they can make a change or take steps to do something better. In this case, it's about finding a balanced way to use technology. How can they take action?

Here are some examples:

- A direct call to action might be, "Set times when you won't use screens."
- A softer call to action could be, "Swipe less. Live more!"

These phrases encourage people to think about their technology habits and make positive choices.

CALL TO ACTION

Include one call to action from the list below in your video:

- **You control your tech—don't let your tech control you!**
- **Set limits and take charge of your screen time.**
- **Put your phone down and live your life! Stay connected to what matters.**
- **Don't let screens steal your time. Balance is power!**
- **Create memories, not just posts. Find your balance!**
- **Your Health > Your Feed! – Prioritize your well-being over endless scrolling.**
- **Power Down to Power Up! – Get better sleep by stepping away from screens.**
- **Tech Wisely, Live Fully! – Use technology with intention, not just habit.**
- **Disconnect to Reconnect! – Put your phone down and connect with those around you.**
- **Technology connects us, but it doesn't define us. Take control of your time!**
- **Swipe less. Live more!**
- **Set tech-free times during meals, game nights, or car rides. The best memories aren't made on screens—they're made together!**
- **Make your bedroom and dining table screen-free zones. A digital break can bring your friends and family closer!**
- **Scroll smart, stay kind—be a responsible digital citizen!**
- **Think before you post. Your digital footprint lasts forever!**
- **Don't be a keyboard warrior, if you wouldn't say it to their face don't say it online!**