

Beyond

The Screen

19th-20th

September 2024

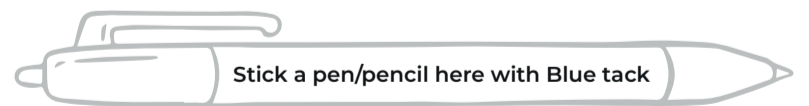
Join our screentime challenge to celebrate **Youth Mental Health Day** on 19th September!

Can you reduce your screen time over a 24hr period?

Get involved:

Bring £1 to school. Tell us how you will reduce your screentime below.

E.g. Use an Alarm clock, Monitor screentime.



#Controlyourscroll



@wearebeyond

wearebeyond.org.uk

Charity Number. 1179964

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