

# CALL TO ACTION



## WHAT'S 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!