

HEALTHY TECH HABITS

1

UNFOLLOW/MUTE

REMOVE ACCOUNTS THAT TRIGGER SOCIAL COMPARISON, INSECURITY, OR NEGATIVITY



2

APPLE DEVICES

SCREEN TIME



PARENTAL CONTROLS

3

ANDROID DEVICES

SCREEN TIME



PARENTAL CONTROLS

4



TAKE BREAKS

DOWNLOAD POSITIVE STREAMING



1

RIGHT NOW MEDIA
FREE ACCESS FROM LEGACY



2

YOU VERSION BIBLE APP



3

LEGACY CHRISTIAN CHURCH APP

