

# Log Off Day

**Log Off Day** is an opportunity to take a break from your online accounts and become more aware of your connectivity.

## Why you may need to log off:

- ✓ You are unable to remain focused on tasks.
- ✓ Your sleep is interrupted by devices.
- ✓ Your mood is affected by online posts.
- ✓ Your friends and family say you don't pay attention to them.
- ✓ Your school success is negatively impacted.
- ✓ You are tired and irritable because of online time.
- ✓ You are having misunderstandings due to digital misinterpretations.
- ✓ You are finding yourself following or involved in digital drama.

