



**EMPOWER
INSPIRE
CHANGE**

Building confidence.
Creating connection.
Changing lives.

GRADES 4-5

TEENS OFF YOUR SCREENS™

PRETEEN EDITION

DIGITAL WELLNESS | KINDNESS | LEADERSHIP

A preventive, age-appropriate program helping upper-elementary students build balanced digital habits before unhealthy patterns become established. Through interactive lessons and screen-free challenges, students strengthen self-awareness, empathy, confidence, communication and responsible digital decision-making.

WHAT STUDENTS WILL LEARN

- Digital balance: Recognize how screen use can affect sleep, attention, mood and relationships.
- Healthy choices: Practice realistic routines for schoolwork, gaming, videos, messaging and downtime.
- Online kindness: Communicate respectfully, pause before posting and understand the impact of words.
- Safety and help-seeking: Recognize cyberbullying and know when, how and whom to tell.
- Connection: Build face-to-face communication, teamwork and conflict-resolution skills.
- Leadership: Strengthen confidence, empathy and inclusion through kindness in action.

THE STUDENT EXPERIENCE

- Interactive lessons, movement and small-group activities
- Reflection pages and a personal Healthy Screen Plan
- Screen-free kindness challenges and real-world connection
- Family take-home activities and a completion celebration

PROGRAM AT A GLANCE

STUDENTS

Upper-elementary students in grades 4-5

RECOMMENDED FORMAT

8 weekly lessons, 40-45 minutes each

DELIVERY

Classroom or small-cohort instruction

FAMILY CONNECTION

Take-home activities and a shared screen plan

8-WEEK LEARNING JOURNEY

- 1 My Digital Day
- 2 Screens, Sleep and Focus
- 3 Feelings and Screen Choices
- 4 Pause Before You Post
- 5 Recognize, Respond, Report
- 6 Stronger Real-World Connections
- 7 Kindness and Leadership
- 8 My Healthy Screen Plan

HOW PROGRESS IS MEASURED

Age-appropriate pre/post student surveys, participation tracking, educator feedback and student reflections measure growth in digital awareness, confidence, empathy, communication and help-seeking skills.

HELPING CHILDREN BUILD HEALTHY DIGITAL HABITS BEFORE THE TEEN YEARS

Designed for elementary school and district partnerships

BOO2BULLYING.ORG

Boo2Bullying is a 501(c)(3) nonprofit organization.

EMPOWER | INSPIRE | CHANGE

Building confidence. Creating connection. Changing lives.