



**EMPOWER
INSPIRE
CHANGE**

Building confidence.
Creating connection.
Changing lives.

EDUCATOR PROGRAM OVERVIEW | 2026-2027

TEENS OFF YOUR SCREENS

A comprehensive digital wellness and youth leadership experience that helps students unplug with purpose, reconnect in real life, and lead positive change.

GRADES 6-12

Middle and high school students

8 SESSIONS

55-minute instructor-led classes

NO COST

To participating students or schools



Helping young people build healthier relationships with technology - and stronger relationships with themselves, their peers, their families, and their communities.

Digital wellness | Leadership | Kindness | Resilience | Community



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PROGRAM MODEL

MORE THAN A SCREEN-TIME LESSON

Teens Off Your Screens is Boo2Bullying's signature youth leadership and digital wellness program. It combines classroom learning, experiential service, personal reflection, and measurable outcomes in one connected student journey.

A nine-part youth development experience: eight instructor-led sessions, a Community Connection Experience, an Independent Completion Week, and a month-long 30 Days of Kindness Challenge that extends learning beyond the classroom.

FOUR INTEGRATED LEARNING PILLARS



DIGITAL WELLNESS

Students examine screen habits, attention, sleep, mood, and responsible digital citizenship - then set realistic goals for healthier technology use.



LEADERSHIP + COMMUNICATION

Students strengthen teamwork, active listening, confidence, conflict resolution, and the ability to lead through positive action.



KINDNESS + CONNECTION

Students practice empathy, inclusion, and intentional kindness while rebuilding meaningful relationships at school, at home, and in their community.



RESILIENCE + WELL-BEING

Students learn healthy coping strategies, stress-management tools, self-care practices, and habits that support emotional well-being.

AGES

12-18

SETTING

School-based

DELIVERY

Experiential learning

SUPPORT

Resources included



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STUDENT JOURNEY

FROM AWARENESS TO ACTION

Each stage builds on the last, moving students from honest self-assessment to leadership, service, reflection, and lasting behavior change.

EIGHT-SESSION INSTRUCTIONAL ARC

- | | |
|--|--|
| 1 DISCONNECT TO RECONNECT
Build trust, assess digital habits, and set personal goals. | 2 LEADERSHIP IN ACTION
Practice teamwork, problem-solving, and values-based leadership. |
| 3 KINDNESS IN ACTION
Explore empathy, inclusion, and small acts with lasting impact. | 4 CONNECT WITH COMMUNITY
Apply compassion and teamwork through service-learning. |
| 5 COMMUNICATE WITH CONFIDENCE
Strengthen listening, conflict resolution, and responsible expression. | 6 BUILD RESILIENCE
Learn coping strategies, stress management, and healthy self-care. |
| 7 MAKE AN IMPACT
Reflect on growth and create a 60-Second Impact Reel. | 8 REFLECT + COMPLETE
Finalize the Leader Passport, reflection, survey, and program work. |

SIGNATURE PROGRAM COMPONENTS

- | | | |
|---|--|--|
| Community Connection Experience
Service-learning that turns classroom values into community action. | Digital Wellness Leader Passport
A guided record of goals, habits, reflections, and leadership growth. | One Hour to Reconnect
A weekly challenge that creates intentional offline time and connection. |
| 30 Days of Kindness
One documented act of kindness each day, extending learning beyond class. | 60-Second Impact Reel
A student-created story showing personal growth and lessons learned. | Final Reflection
A structured review of change, responsibility, and next-step commitments. |



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OUTCOMES + PARTNERSHIP

MEASURABLE GROWTH. MEANINGFUL RECOGNITION.

STUDENTS ARE SUPPORTED TO

- ✓ Develop healthier technology habits
- ✓ Lead through service and positive action
- ✓ Communicate with confidence and respect
- ✓ Practice empathy, inclusion, and kindness
- ✓ Build resilience and emotional well-being
- ✓ Strengthen responsible digital citizenship
- ✓ Reflect on growth and inspire others



EVALUATION + ACCOUNTABILITY

Program outcomes are measured through pre- and post-program surveys developed and evaluated in partnership with HARC.

- Digital wellness
- Leadership + confidence
- Resilience
- Empathy + communication



RECOGNITION + STUDENT GRANT OPPORTUNITIES

Students who complete all requirements receive a Teens Off Your Screens Certificate of Completion and Digital Wellness Leader recognition. Outstanding participants may be considered for Digital Wellness Youth Leadership Awards and student grant awards, subject to published criteria and available funding.

Selected students will be celebrated at Boo2Bullying's 5th Annual Kick Bullying to the Curb Wellness Festival on October 10, 2027.



BRING TEENS OFF YOUR SCREENS TO YOUR SCHOOL

Boo2Bullying works with educators to identify the right student cohort, coordinate the schedule and Community Connection Experience, support facilitators, and implement the evaluation process.

BOO2BULLYING.ORG

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