Designing a Digital Detox

This worksheet helps students find a healthier balance with technology by setting tailored goals and exploring alternative activities.

How to use this resource

Invite students to complete the following worksheet, identifying:

- What they would like to change about the time they currently spend online, and why
- Short-term and long-term goals for a digital detox
- Activities or tasks they could do when not online
- How to achieve their goals and know when they are successful

Work with students to establish a check-in date for when they would like to have achieved their goal.

ySafe
by Qoria

Designing a Digital Detox

What I'd like to change about the time I currently spend online:

My short-term goals for a digital detox are:

☐

☐

☐

My long-term goals for a digital detox are:

☐

☐

☐

Instead of being online, I could:

I can help myself be successful by:

I'll know I've been successful when: