

Needham Youth Services Presents...

# Phone Free Friday



March 17, 2017



Phones are a helpful tool and a great way to connect with friends and family. Unfortunately, they are also time consuming and a constant distraction from school, work, and one's surroundings.

Parents often buy phones for their children as a means to keep them safe. However, the reality is that having a phone actually increases youth at-risk behaviors such as drinking, doing drugs, and more.

For youth, having a phone can be helpful in terms of planning and engaging in at risk behaviors. This is not to say that all youth use their phone for such purposes... but rather that having such a device makes it easier to organize harmful activities.

So, if you are an adult, take a break from your cell phone on **Friday, March 17th**. And if you have children, we suggest you take away their cell phone for a day --- not only will you enjoy more time with them, but the increased face to face communication can be really beneficial for your relationship.

**Learn more about Needham Unplugged at**

**[www.needhamma.gov/youth/unplugged](http://www.needhamma.gov/youth/unplugged)**