

Table of skills and knowledge

SKILLS (ÉKIP)	QUESTION	INFORMATION/ ANSWER	RELATED PRIORITY CONCEPTS
Self-knowledge	What activities without screens do you enjoy?	Less screen time means more time for your friends and for other activities you enjoy.	Tastes and fields of interest
Emotion and stress management	How do you feel about the idea of spending a day without screens?	It is natural to feel a range of emotions thinking about this challenge!	Vocabulary of emotions for the adequate expression of feelings
Request for help	Who is the adult you trust that you can ask all kinds of questions to?	Don't be shy to talk to them if you have questions or concerns about what you see on screens.	Consulting appropriate resources (people)
Informed lifestyle choices	How do you recognize that it's time to take a break from screens?	Headaches, sore eyes or fatigue are signs that it is time to change activities!	Strategies and means to maintain or improve lifestyle habits
Adoption of pro-social behaviors	On screens, how can we show care for others?	On screens as elsewhere, being respectful and putting yourself in the other's shoes can make the difference.	Proper communication, empathy, respect, etc.
Management of social influences	What would you say to a friend who wants to spend the whole day in front of a screen?	A bit of screen time is fine, but you can also suggest other activities, like playing outside.	Recognize when to use strategies to resist negative influences and use them in everyday life
Social engagement	What would you suggest to your family to spend more time together?	Good idea! You can also organize a day or activities without screens.	Advocacy for favourable environments (FE), participation in decision-making and actions to create FEs
Other	Can you name a place where there are no screens?	Yes, they are hard to find. Screens are part of our daily lives.	Favourable environments