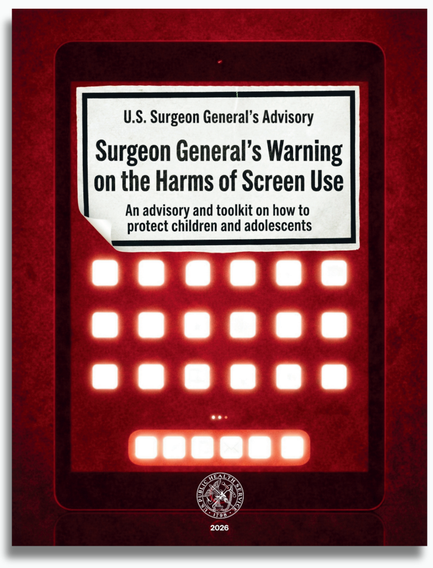
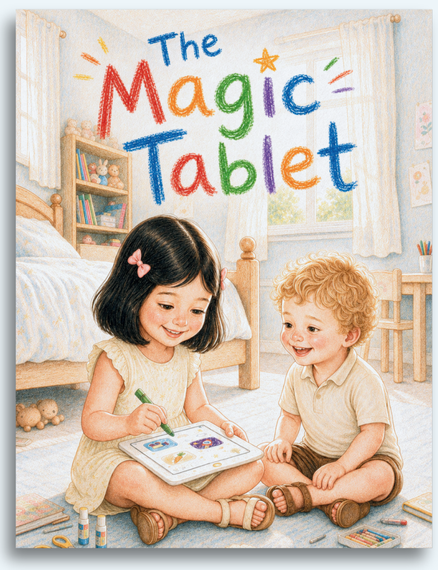
Live Real Life

A Guide to Get Off Screens:



Parents, Caregivers, Educators:

Read the Surgeon General's Advisory & Toolkit on the Harms of Screen Use



Children, Families, Friends:

Download a FREE printable copy of The Magic Tablet to read together!



Healthcare Professionals:

Earn Free Continuing Education Credits

Find out how:

Scan the QR Code to Take Action on the Harms of Screen Use

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