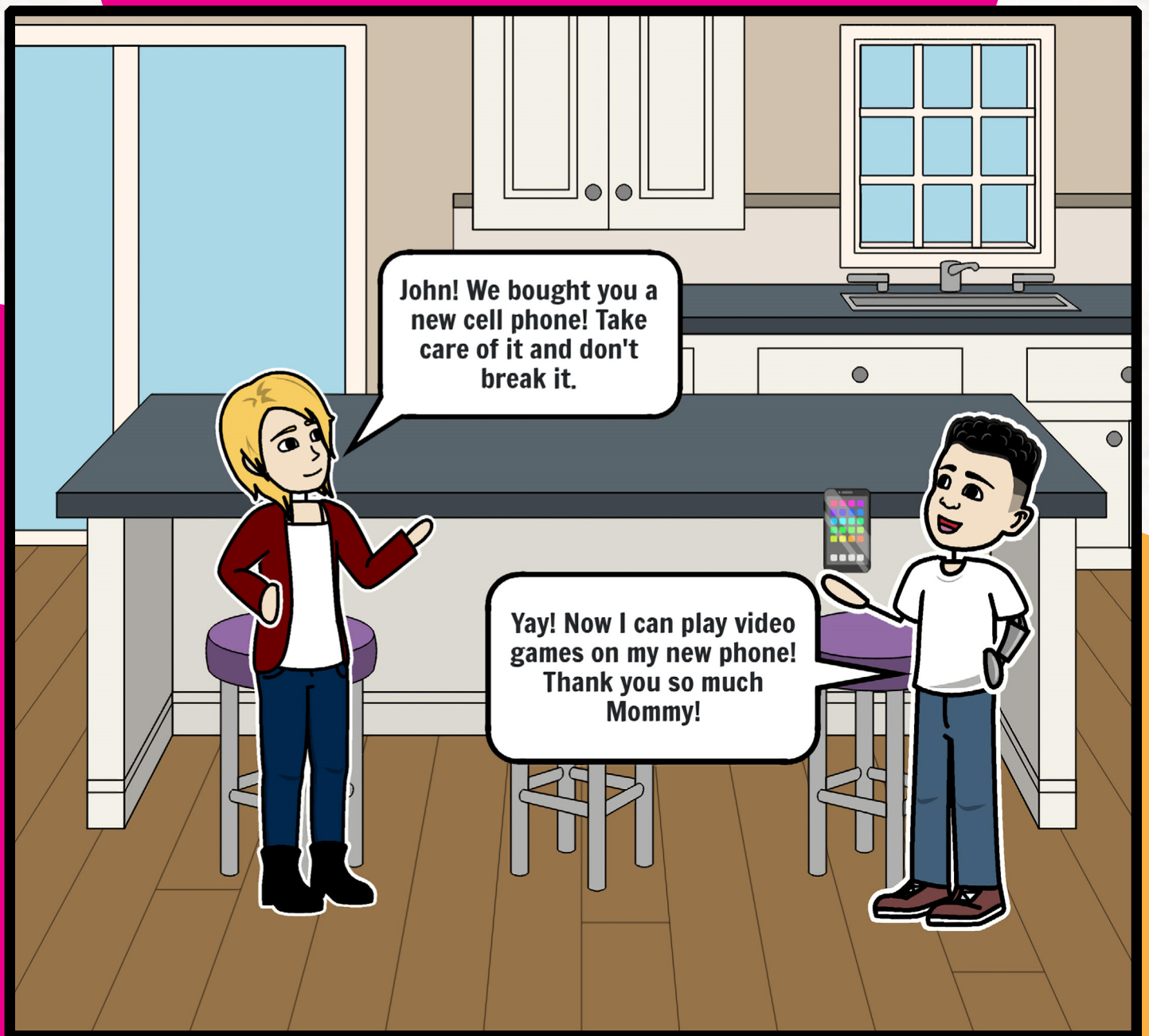


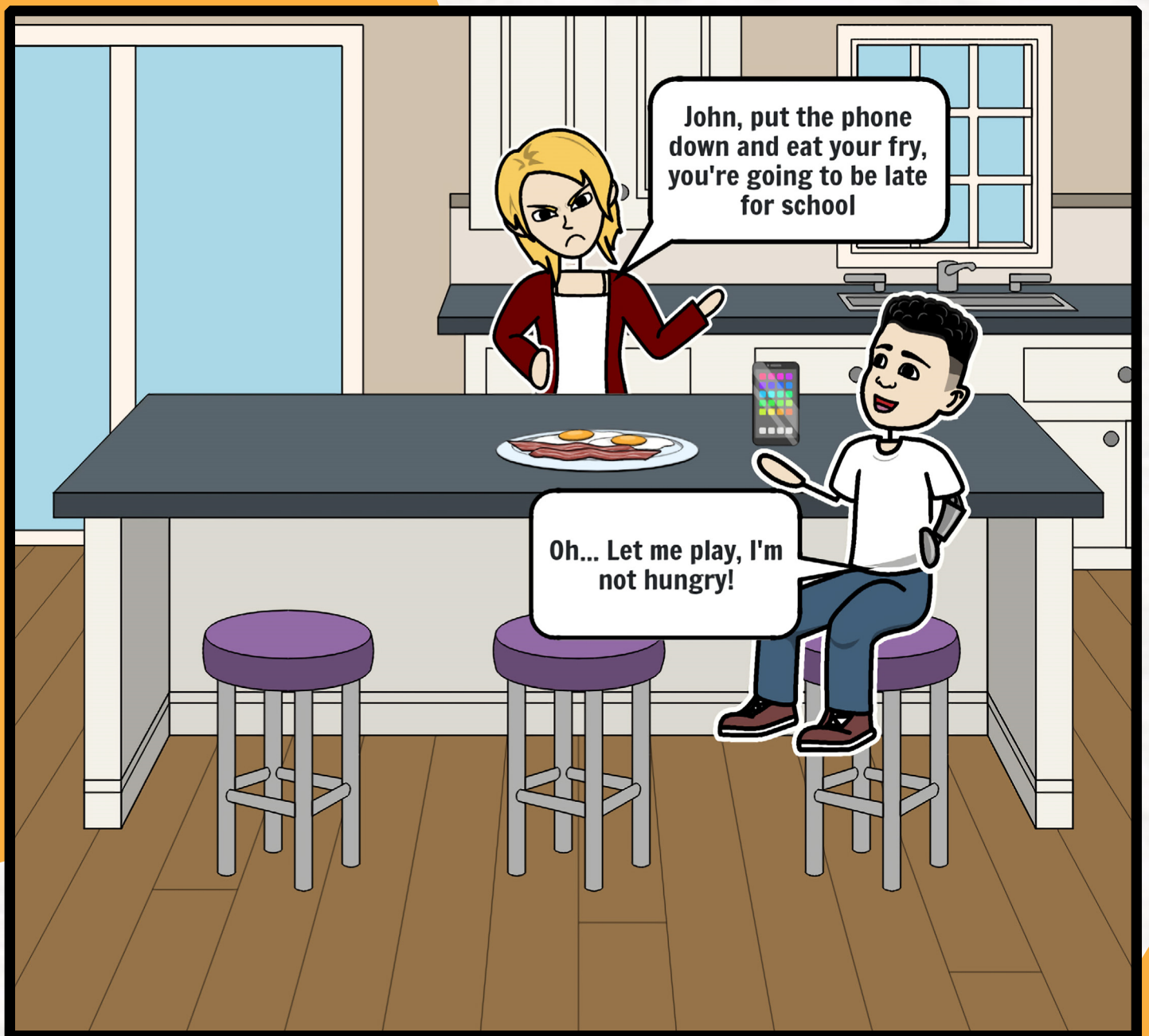
TECHNOLOGY TIMEOUT



Mommy and John are in the kitchen, and Mommy tells John that her and Daddy have bought him a new cell phone!



John is in his bedroom, and Mommy comes in to tell John that his friends are outside to play football, but John says he wants to play with his phone instead.



The next morning, John is playing with his phone instead of eating his breakfast - Mommy is getting annoyed with John!



That night, John is relaxing and playing with his new phone again.



The next day, Mommy comes in to John's room and tells him that his friends are outside and wish to play - John says he wants to play with his phone instead!



Mommy is getting annoyed with John again, and tells him that he needs to go outside and get some fresh air!



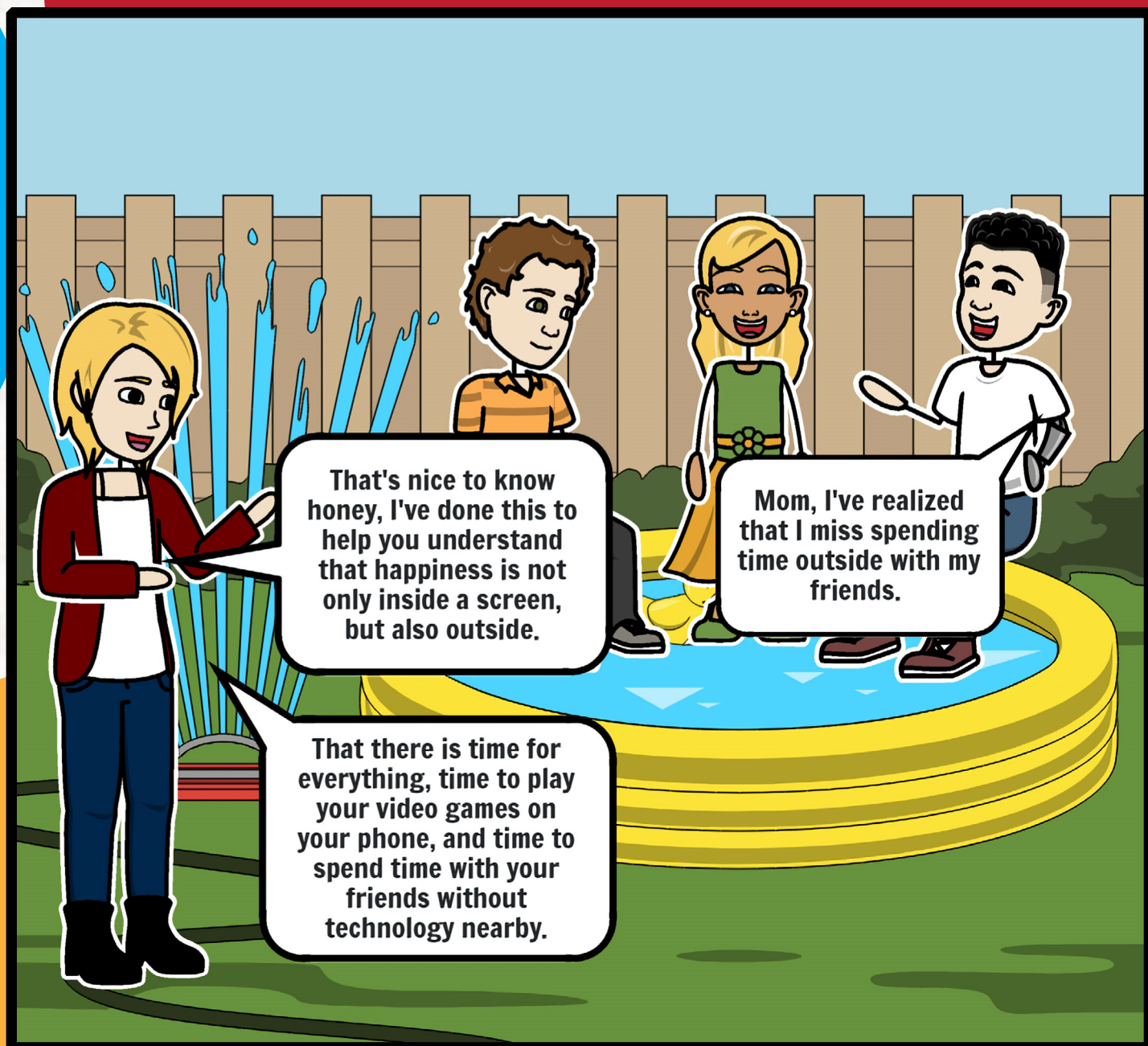
John and Mommy are both getting angry
at each other!



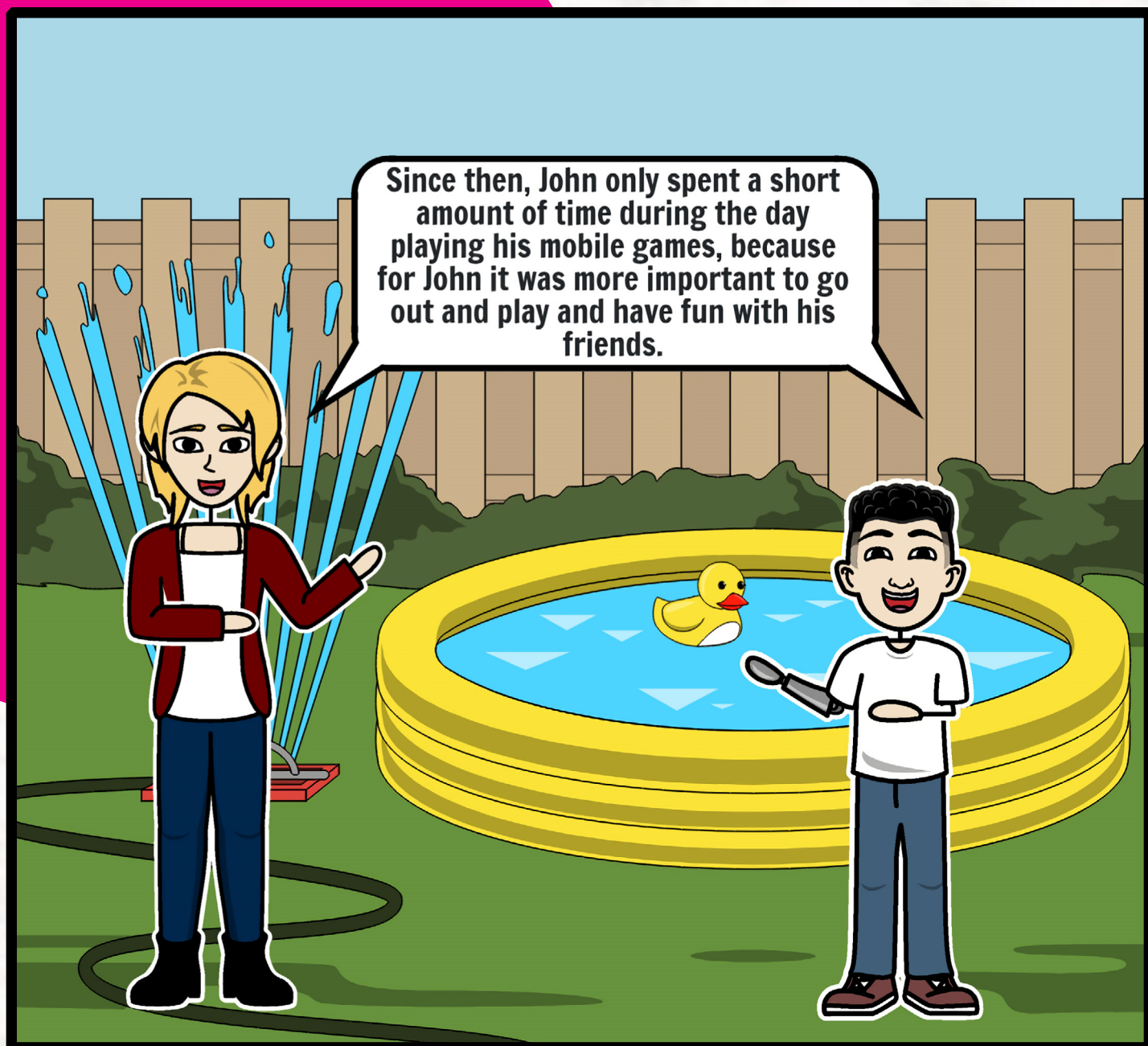
Mommy takes John's new phone away from him because he is constantly using it.



Without his new phone, John goes outside to play with his friends - and has so much fun!



John says he has missed spending time with his friends outside!



John realized that he was spending too much time on his phone, and has decided to spend less time on it, and spend more time outside with his friends!

How do you feel after reading this story? Colour in the Emoji that best represents how you feel!



Sad



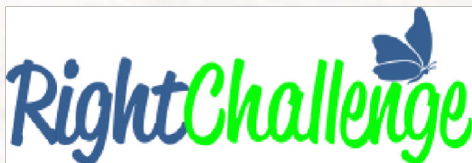
Calm



Happy

EMPOWER

Building Resilience to Address Domestic Violence



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