Ladies and gentlemen,

Today, I want to talk about a small change that can have a big impact on our lives: reducing screen time. In our community, screens have become a dominant part of our daily routine, whether it's through phones, computers, or televisions. While technology has its benefits, it's crucial to recognize the importance of balancing our digital and real-world interactions.

Excessive screen time can lead to a range of issues such as poor physical health, reduced social interaction, and even mental health challenges like anxiety and depression. Therefore, it is essential that we come together as a community to address this growing concern.

Here's how we can take action together:

1. **Community Screen-Free Hours:** Let's designate certain hours where the community can come together to engage in activities without screens. Whether it's family board game nights or outdoor walks, these screen-free hours will foster closer relationships and enhance our well-being.

2. **Workshops and Education:** Organize workshops to educate both adults and children on the benefits of reducing screen time and how to use technology mindfully. Knowledge is power, and understanding the impacts can inspire us to make positive changes.

3. **Promote Digital-Free Zones:** Encourage local businesses and public spaces to create digital-free zones where people can interact without screens. Libraries, parks, and cafes can serve as sanctuaries for meaningful face-to-face connections.

4. **Support Groups:** Establish support groups for those who find it challenging to reduce screen time, providing encouragement and sharing strategies to manage it effectively.

By working together, we can pave the way for healthier habits and create a community that values human connection over digital interaction. Let's take this step towards a healthier, more connected future by committing to reducing our screen time today.

Thank you.