

Ladies and gentlemen,

Today, I stand before you to discuss something that affects us all: screen time. But rather than focusing solely on our health, let's consider a different angle--our planet.

Every hour we spend glued to our screens not only impacts our well-being but also leaves a carbon footprint. The servers hosting our apps and games consume vast amounts of energy, contributing to environmental degradation.

What if we reduced our screen time by just one hour a day? Imagine the positive impact. With every unplugged moment, we decrease energy demand, reduce carbon emissions, and conserve precious resources.

Let's challenge ourselves to reconnect with nature. Read a book, go for a walk, or spend quality time with loved ones. By doing so, we can enhance our health and contribute to a cleaner, greener world.

Together, we can make a change. Let's power down our screens and power up for the planet. Thank you.