

Ladies and gentlemen,

Today, I want to talk about something affecting many of us: our screen time. We live in a digital age where screens--from phones to tablets to computers--dominate our lives. They offer incredible resources but can also become overwhelming. It's crucial to find a healthy balance, and that's where parental guidance plays a vital role.

Children and teens are particularly vulnerable to excessive screen time, which can lead to various issues, from sleep deprivation to decreased physical activity. As parents and guardians, we have the responsibility and power to guide them toward a more balanced lifestyle.

Imagine a family dinner where everyone shares their day without distractions or a weekend spent enjoying outdoor activities, connecting face-to-face with loved ones. By setting boundaries and creating designated "screen-free" times, we can encourage healthier habits.

We must lead by example, showing that life beyond the screen is rich and rewarding. Let us focus more on engaging activities, promoting creativity and critical thinking. Together, we can foster environments where our children thrive both online and offline.

Let's take the charge, reduce screen time, and make room for real-life connections. Thank you.