SASKATCHEWAN BLUE CROSS®

80 YEARS OF Empowering healthy lives.

# Social media family planner

**Social media can be a great way to connect,** but excessive use can impact mental health and family relationships. Setting clear boundaries and planning offline activities helps create balance and protect well-being.

**GET STARTED:** Use this weekly calendar to set screen-time limits and schedule offline activities. Review and adjust together as a family.

| DAY | SCREEN-TIME LIMIT | OFFLINE ACTIVITY |
|---|---|---|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |



## REMEMBER

**Healthy social media habits start with clear boundaries and shared responsibility.** This plan helps families stay connected, both offline and online, in positive ways. Parents should also set limits for themselves to ensure they're getting balance too!

Continue to build your Health Literacy toolkit and explore expert wellness resources:
**www.sk.bluecross.ca/healthysk**

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