

I'm taking part in

Digital safety and wellbeing

Join our Scroll Free September challenge!

A social media detox lets you reflect on your relationship with social media, but going Cold Turkey isn't for everyone! Follow our calendar to see what works best for you.

SCROLL FREE SEPTEMBER

www.scrollfreeseptember.org

Ease into day 1 with "Spend time in nature Sunday", then try a different digital detox each week. Follow along with @qustodiohq on Instagram for more tips and motivation this #scrollfreeseptember!



Social Butterfly

Take a break from social media at social events

Night Owl

Give up social media after 6pm

Cold Turkey

Give up all personal accounts

Sleeping Dog

Give up social media in the bedroom

Busy Bee

Take a break from personal accounts at school or work

SCROLL FREE SEPTEMBER

SUNDAY

MONDAY

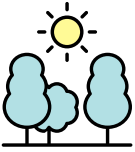






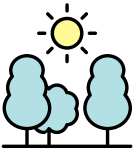





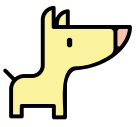
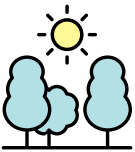


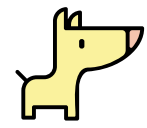



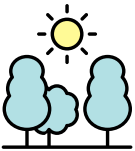






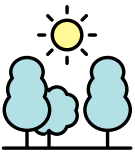

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 1	 2	 3	 4	 5	 6	
 8	 9	 10	 11	 12	 13	 14
 15	 16	 17	 18	 19	 20	 21
 22	 23	 24	 25	 26	 27	 28
 29	 30					