

5 SIMPLE WAYS

HEALTH PROFESSIONALS CAN ADVOCATE FOR HEALTHY SCREEN USE



1. Stay up to date with professional learning on digital health. Visit the [Accredited CME](#) section of this website for suggestions on where to start.



2. Get involved with provincial and national advocacy on digital media and healthy screen use. See the CPS [Call to Action](#) for more information.



3. Collaborate with parents, teachers, and other health professionals to support local initiatives that promote responsible and appropriate screen use.



4. Connect parents to digital health campaigns like the [Unplugged Canada](#) pledge to delay smartphone access until age 14 and the [Leave the Phone Alone](#) pledge to avoid distracted driving.



5. Engage with your professional networks on common concerns from families, practice tips and emerging research and resources.



**Centre for Healthy
Screen Use**
AT THE CANADIAN PAEDIATRIC SOCIETY

