

## **Berkeley Unplugged**

# Life Happens *Off The Screen*

Berkeley Unplugged is a parent-led movement across BUSD schools that is advocating for better policies for screens at school and in the community. We can only do this if we do it together as a community.

We support:

- Taking a pledge as a community to delaying smartphones and social media until at least high school
- Advocating for healthy tech usage across BUSD schools



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**TAKE ACTION :**  
**[www.berkeleyunplugged.org](http://www.berkeleyunplugged.org)**

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