

# **Project Summary Page**

A summary of this project is the issue of excessive screen time among teens leading them to mental instability. Proved by a CDC report "1 in 4 teenagers with 4 hours or more of daily screen time have experienced depression symptoms (25.9%) ". This initiative highlights the problem of teenage mental health concerns.

Even if we can not reach each person, those that can be reached will hopefully listen and work towards a healthier mentality. We showcase how being active in trying to learn a skill, play, or practice would pull away from social media problems improving their mental well being.

This project is aligned with FCS National Standard 7.4, addressing screen overuse affecting individuals and families with a variety of harmful conditions. The goal is to reduce screen time in individuals by encouraging productive activities like studying, exercising, and learning new skills. Raising awareness and promoting healthier digital habits, this initiative aims to improve teen well-being and social connections.