# Log Off Day

**Log Off Day** is an opportunity to take a break from your online accounts and become more aware of your connectivity.

## Why you may need to log off:

- You are unable to remain focused on tasks.
- Your sleep is interrupted by devices.
- Your mood is affected by online posts.
- Your friends and family say you don't pay attention to them.
- Your school success is negatively impacted.
- You are tired and irritable because of online time.
- You are having misunderstandings due to digital misinterpretations.
- You are finding yourself following or involved in digital drama.

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