

DIGITAL DETOX DAYS

Let's LOG OFF and Get Connected

A toolkit with tips + tools on how Canadians can better manage their digital usage to gain the benefits of human connection.

genwell^o
HUMAN CONNECTION MOVEMENT



WHO IS GENWELL?



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GenWell is a Canadian charity who has been working since 2016 to educate, empower and catalyze Canadians about the importance of face-to-face social connection as a proactive step we can all take for our health, happiness, longevity and the betterment of society.

[Visit our website at genwell.ca](https://genwell.ca)

We have six annual catalytic campaigns designed to encourage Canadians to reach out and get connected face-to-face.

[Click here](#) to learn all about them

At the grassroots level, we deliver interactive and engaging social health workshops in workplaces, classrooms, community groups, municipalities, and senior-focused organizations across Canada.

[Find out more here](#)



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OVERVIEW

Held the first of every month, Digital Detox Days are focused on providing tips, tools and inspiration for Canadians to better manage their digital usage and recognize its role in distracting from human connection.

The Goal of Digital Detox Days

Each month, we encourage Canadians to take a step back and reflect on the role digital technology plays in your life. With the constant buzz of notifications and the pull of screens, it's easy to lose sight of what truly matters: meaningful connections with others and time for yourself.

Our Mission

Digital Detox Days are about taking small, manageable steps to regain control. We're here to help people become more aware of how technology affects their daily life and how it impacts your relationships, mental health, and overall well-being.



WHY DIGITAL DETOX MATTERS

Estimates suggest that the average person checks their phone somewhere between 60-200 times a day, with hours lost scrolling through social media, emails, and apps. This constant engagement contributes to increased anxiety, depression, and a growing sense of disconnection from the people and experiences around us.

37%

of Canadian youth appear to exceed screen time recommendations.

[SOURCE](#)

approx.

6 hours

are spent online each day by internet users in Canada across devices.

[SOURCE](#)

Canadians spent up to

41 billion

hours online in 2024.

[SOURCE](#)

The average Canadian can expect to spend almost

15 years

of their life on a mobile device.

[SOURCE](#)



HOW TO

Taking a break from your devices for even one day can feel like a reset, helping you refocus, recharge, and reconnect with the people and spaces around you. The tips below offer simple, practical ways to make that time feel natural and enjoyable, no matter where you are.

✓ SCHOOLS

Organize a phone-free activity in common areas, such as a vision boarding session, to give students a creative way to connect without screens.

✓ OFFICES

Set up a dedicated phone-free lunch where employees are encouraged to step away from their devices and engage with one another.

✓ COMMUNITY SPACES

Create screen-free sections in places like coffee shops and add shared activities, such as chess boards, to naturally bring people together.

✓ AT HOME

Plan a family game night where all screens are put away, making space for quality time and connection.



Stepping away from your devices, even briefly, can help you notice the small moments that often get missed in a busy, screen-filled day. It creates space to connect more easily and be more present in whatever you choose to do.

You don't need a full day or a perfect plan to get started. Even a short, intentional break can make a difference and help build a habit that feels both manageable and rewarding over time.

STUDENT ACTIVATIONS

Students are bringing Digital Detox Days to life in creative, approachable ways, turning simple ideas into engaging, screen-free experiences for their peers.



This Digital Detox activation at Humber College included hands-on, social activities that make it easier to step away from devices and connect in real life.

From quiet, reflective moments to more interactive group setups, students are finding unique ways to make unplugging feel both natural and enjoyable.



TOOLS

Want to bring Digital Detox Days to your school, workplace, or community? Check out our FREE materials below that can help you spread the message.

You can also find out more information on our website by visiting: genwell.ca/campaigns/digital-detox-days/

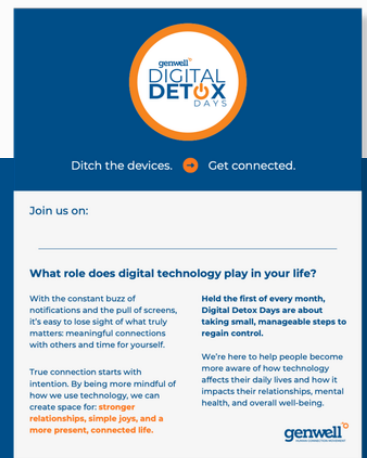


DIGITAL DETOX DAYS LOGO

 [CLICK HERE TO DOWNLOAD](#)

DIGITAL DETOX DAYS POSTER

 [CLICK HERE TO DOWNLOAD](#)



DIGITAL DETOX DAYS INFO SHEET

 [CLICK HERE TO DOWNLOAD](#)



GENWELL MERCH

Social connection never goes out of style! Rock some of our GenWell merch on Digital Detox Days each month and help spread the message on the importance of social connection for our physical, mental, and emotional health.

** All proceeds from the sale of GenWell merchandise go towards creating the sustainability of the Human Connection Movement.*

[Click here to order yours.](#)



GENWELL RESOURCES

GenWell education and engagement programs and tools aim to deepen understanding of the growing issues of social isolation, disconnection and loneliness, their impact on individuals and society, and the power of human connection.

[Click here to access.](#)

CONTACT US



If at any time you have questions or ideas on how you can help make your Digital Detox Day the best one yet, please reach out to Carolyn at Carolyn@genwellproject.org and set up a time to connect!