

Thank you.

for unplugging
on Five Hour Free (from Social Media) Friday

3.01.2024

107 Participants

53% Students Grades 5-College

47% Adults

83% of participants refrained from
Social Media use the full five hours

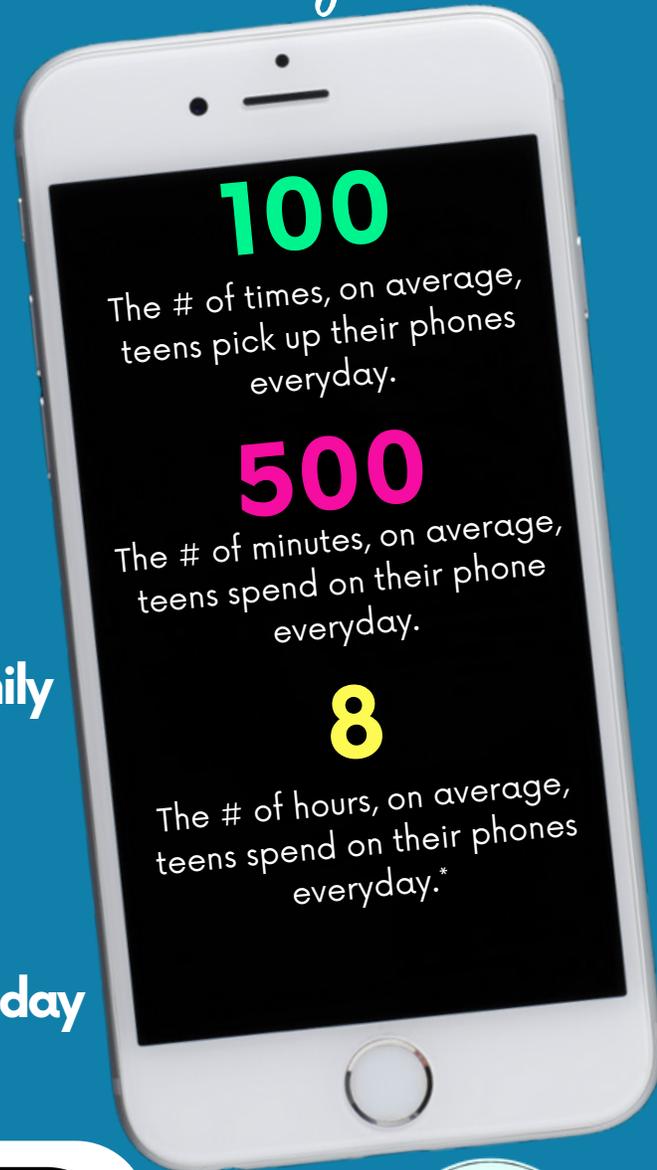
Participant Feedback:

57% had more time with friends & family

46% were more productive

30% improved mental well-being

94% would participate in a future Five
Hour Free (from Social Media) Friday



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“5 hour free Friday should be every Friday night.”

“An important lesson not only for youth but also adults to get off social media and stay in the moment.”

“Thank you for doing this!”

“I really felt like I got more things done!”

“I am glad I participated.”

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*The Journal of American Medical Association Pediatrics, January 2023