

Around the world this February, people are breaking free from the shackles of social media and declaring their right to enjoy a real life.



**SPEND 28 DAYS WITHOUT
SOCIAL MEDIA IN YOUR POCKET!**

- Delete social media apps from your smartphone during the month of February.
- Delete any other apps that steal more time than the value they offer.
- If you need to, access apps from a computer. No need to permanently delete accounts.

Learn more at <https://www.offm.org/en/off-february>

