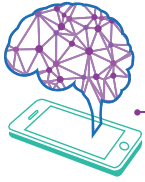


## Active Digital Wellness



TechnoLife Wise®  
FOUNDATION

## FREE Webinar

Theme: Wait till Grade 8 — No cell phones  
23 November 2022 at 18:30

### *Please join us!*

To register for the FREE webinar,  
"Take the Pledge" at  
[www.technolifewise.org](http://www.technolifewise.org)  
The Zoom link will be sent to you.

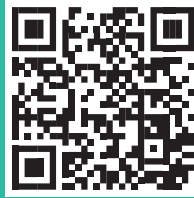
## Wait till Grade 8 — No cell phones

During September, the Technolife Wise Foundation launched the **"Active Digital Wellness"** initiative in collaboration with the Roosevelt High School in Johannesburg. The goal of the programme is to encourage parents to say **YES** to waiting until Grade 8 or the age of 14 before giving children access to the internet and social media via a smartphone.

Parents taking the **"Wait until Grade 8 Pledge"** will form parent groups that will be supported and support each other to attain healthy habits. Parents are invited to visit the website of the Technolife Wise Foundation to take the pledge to be linked to like-minded parents at [www.technolifewise.org](http://www.technolifewise.org)

According to Mr Henk Ferreira, vice-principal at Roosevelt High School, the school has already implemented a **no cell phone policy during school hours** in 2016. They are willing to share and distribute their policy and implementation guidelines to any school that wishes to apply a similar policy.

You are welcome to contact Dr Marlena Kruger for more information about the **"Active Digital Wellness"** initiative, at [hello@technolifewise.org](mailto:hello@technolifewise.org) or cell phone number 083 456 3505.



<https://technolifewise.org/the-pledge/>



<https://technolifewise.org/no-phones-at-school/>

