

HANG PSA Posters

Public Service Announcement (PSA) posters can help get the word out about your 5-2-1-0 efforts and impact student and staff attitudes and actions. Use the following PSA posters to spread the word about the benefits of limiting screen time. Hang them in the school hallways, bathrooms, cafeteria, gymnasium, and other high traffic areas.



In the time that you just spent
binge-watching

the entire series of your
favorite show on Netflix,

you could have run

495 miles!

#OffTheCouch

MaineHealth

LET'S GO!

5-2-1-0

In the time that you just spent
binge-watching

the entire series of your
favorite show on Netflix,

you could have practiced

15,840 shots
on goal!

#ScoreBig!!!!

MaineHealth

LET'S GO!

5-2-1-0

In the time that you just spent
binge-watching

the entire series of your
favorite show on Netflix,

you could have taken

**17 SAT
practice tests!**

#FocusOnSuccess

MaineHealth

LET'S GO!

5-2-1-0

In the time that you just spent
binge-watching

the entire series of your
favorite show on Netflix,

you could have discovered

1,047 new
songs
online!

#BeatToTheBeat

MaineHealth

LET'S GO!

5-2-1-0

In the time that you just spent
binge-watching

the entire series of your
favorite show on Netflix,

you could have gotten

66 more
hours
of sleep!

#FeelingTired

MaineHealth

LET'S GO!

5-2-1-0