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.

Throughout Your School
HANG PSA Posters
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
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!!!!
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