

Name \_\_\_\_\_

## Unlocking Potential: Why We Should Reduce Screen Time

### Multiple Choice Answer Key

1. c) To improve physical health and mental well-being
2. c) Obesity and posture-related problems
3. b) It can lead to stress, anxiety, and sleep problems.
4. c) It opens up opportunities to be more productive and creative.
5. c) It allows for more meaningful real-life interactions.

