**TEXT FOR YOUR COMMUNICATIONS:**

**24h PAUSE – Unplugging experience on November 20**

The 24h PAUSE unplugging event is back, and this year it’s happening on Sunday, November 20. Teens and young adults can personalize their experience by choosing one of the four challenges offered: a day either without screens, social media, video games, or streaming. In addition to getting useful tips so their 24h goes well, participants have a chance to win the $1,000 grand prize. Registration at [pauseyourscreen.com](https://pausetonecran.com/24h-de-pause/inscription-jeunes/).

An entire day offline allows us to better enjoy the benefits of setting screens aside: slowing down, doing activities we like, or simply resting. It’s the perfect opportunity to take a step back to better understand our relationship with screens and the role they play in our lives. It’s also an invitation, post-24h, to reconnect more mindfully rather than out of habit while staying in control and focusing on online activities that feel good.

**TEXT FOR YOUR SOCIAL MEDIA:**

**FACEBOOK**

If you had the opportunity to take part in an unplugging experience, away from constant notifications and overstimulation from screens, would you be up for the challenge? And what if, on top of that, you could win the $1000 cash prize? Sound good? Great news: the 24h PAUSE challenge is back, and this year it’s happening on Sunday, November 20! Sign up 👉 [www.pauseyourscreen.com](https://pausetonecran.com/24h-de-pause/inscription-jeunes/)

**INSTAGRAM**

On November 20, @pausetonecran challenges you to participate in an unplugging event: 24h PAUSE. Whether it’s to do activities or just relax, a screen-free day feels good. You could win prizes, including $1,000 cash! Sign up now at [pauseyourscreen.com](https://pausetonecran.com/24h-de-pause/inscription-jeunes/) and choose your formula!