

## Achieve More Scotland

### *How they encourage screen-free activities within their groups/programmes*

Achieve More Scotland has a strict no screen rule during their weekly diversionary activities across the city for young people 5-24 years old. They encourage participants to leave devices with screens in lockers on site or to hand them to those that bring them to the services. This is to increase engagement in free physical activity as well as ensuring young people get the break from screens to support their mental health and develop positive relationships with others in their communities.

Achieve More Scotland has seen the impact of no screens is having on relationship building before and after services are finished in the evenings. Participants stay longer after the service and build relationships that positively impact the integration of community members and play for young children in particular.

Their community activities, which occur 6 days a week from 5.30-11pm involves no screens. They encourage young people to actively engage with each other to gain the knowledge and confidence of interacting with others to supports their social skills and ability to work in a team. Community coaches and youth workers actively engage in conversations with participants about the use of screen's and the importance of having "offline" days during youth sessions which take part in community facilities alongside the services.

Girls and young women (14-22) whom engage in the organisation's Empower Me! programme decided as a group that mobiles would not be allowed during sessions during the week and on weekends. As a group they decided that their attention is negatively impacted if they have their mobiles to interact with and they won't get the most from the activities they decided on. This no screen approach is youth led and has shown to have a long term impact on the girls and young women's mental health in a positive way.