

Focus on Tefilla

I will have my phone off during davening

Focus on Others

I will refrain from looking at my device during conversation

Focus on Family

I will spend quality time with my family, device-free

Focus on Our Future

I understand that giving a child a phone is a serious decision

Focus on Kedusha

I will install a filter on every device I own

Let's Focus on Change

Do it for **yourself**. Do it for **our community**.



לבחרת בחיים
project focus
Focusing on Connection • Upgrading our Lives

Focus on Community

I will team up with other parents to postpone the age that children are given cellphones

Focus on Children

I will model proper device usage

Focus on Yourself

I will carefully assess the kind of phone that I need

Focus on Sensitivity

I will think twice before forwarding an email, text or picture

Focus on Education

I will continue to educate myself and my family about the challenges of technology