



Boys & Girls Clubs
of Canada

On **June 7th, 2019** we are inviting Canadians to join Boys and Girls Clubs and Unplug to Connect

Unplug to Connect encourages all Canadians to spend more time with friends, family, and co-workers, and less time in front of their screens. For one hour, we are asking people to unplug from their devices and spend time connecting with the people around them.

- **The internet and smartphones are changing the way that children and youth connect with the world around them**
- **Anxiety is on the rise, as kids and teens feel the need to be “plugged in” at all times**
- **Technological devices are designed to connect us with others, but in many ways they are causing us to feel isolated and alone**

Boys and Girls Clubs believe that building relationships is an important life skill, and we strive to create a sense of community for all children and youth. At Clubs across the country, kids spend time away from smartphones and computers every single day—playing together, learning together, and being mentored by caring adults.

We are encouraging Clubs to get involved in any way they can—do an arts and crafts exercise, play a group basketball game, host an unplugged talent show or community breakfast.

Stay tuned for more information, including a Club toolkit with tools and tips around brainstorming an activation event. We will also provide support on how to engage the media, politicians, and more.



**SAVE
THE
DATE**

**FRIDAY
JUNE 7TH**

Pick one hour during the day to Unplug and Connect with Club staff, members and their families, partners, alumni, your board, politicians, community leaders, and media!

unplugtoconnect.ca

For more information, contact Mathieu Chantelois,
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