



Today you'll spend 3-4 hours on your phone.

What are you getting out of it?

Algorithm-driven social media is engineered to keep you scrolling, not to connect you, not to inform you, only to hold your attention as long as possible. A large body of research links it to increased anxiety, depression, disrupted sleep, and difficulty focusing. These effects are amplified in developing brains.

Join your community in reconnecting with the world around us. Visit the site below to take a self-reflection quiz, learn why this is worth your attention, or make a pledge to try something different.

disconnectmadison.org



No spam. No tracking. Just a question worth asking.