



Syntropic
Foundation

"Uproot digital weeds.
Rebuild meaningful lives."

Presenter: Alexander Chen

Be the Best You
Can Be

February 19, 2026

Blyth Academy Downsview Park
Ontario, CA



I'm Alex!



I'm Alex!

- I'm 17 years old!



I'm Alex!

- I'm 17 years old!
- I **don't** play video games.



I'm Alex!

- I'm 17 years old!
- I **don't** play video games.
- I **don't** use TikTok, Snapchat, Instagram, Facebook, etc.



I'm Alex!

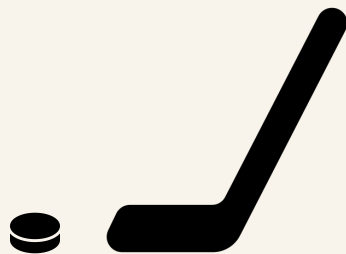
- I'm 17 years old!
- I **don't** play video games.
- I **don't** use TikTok, Snapchat, Instagram, Facebook, etc.
- I am not insane.

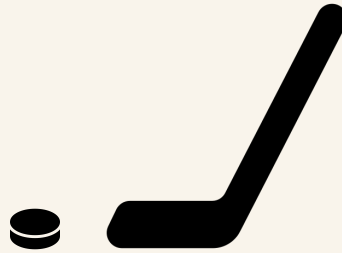




Do you want to be the
best you can be?







You have to pay attention to the
details in your sport...

...and outside your sport.



It's the same thing for
digital media.



You have to be careful
with your digital media usage.



This Talk:

Part 1: Is there a problem with too much digital media use?

Part 2: If so, what can we do about it?



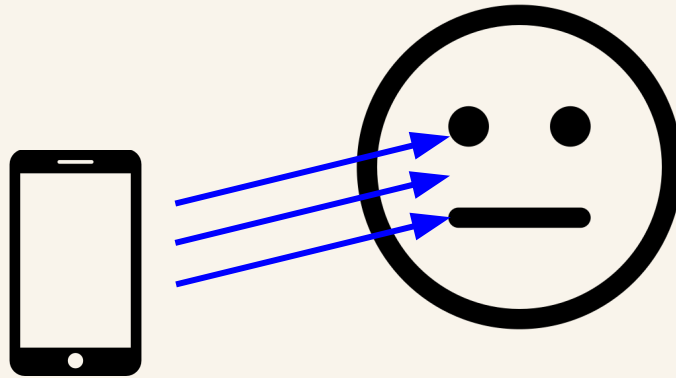
Part 1: The Problem



How does a screen work?

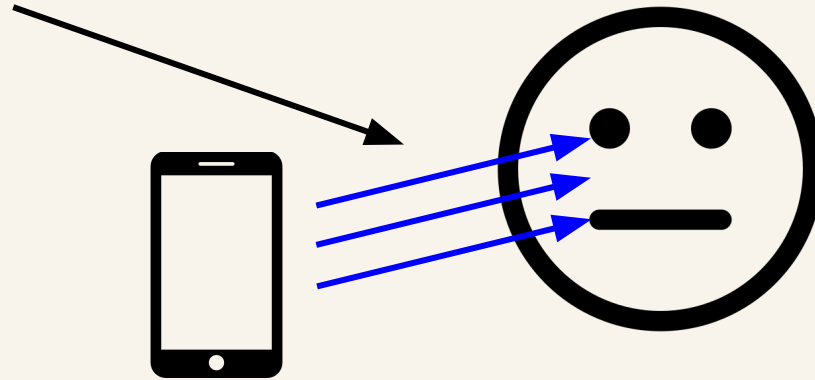


How does a screen work?



How does a screen work?

A lot



What's on your screen is dangerous too.



What's on your screen is dangerous too.

- It's surprisingly hard to stop playing games, watching videos, scrolling, etc.



What's on your screen is dangerous too.

- It's surprisingly hard to stop playing games, watching videos, scrolling, etc.
- That's because it's made to be addicting.



What's on your screen is dangerous too.

- It's surprisingly hard to stop playing games, watching videos, scrolling, etc.
- That's because it's made to be addicting.
- Because people who make them make money when other people watch / play them.



Addiction is an often an intended result.



Attention span decreases

Shorter videos are made



Too much time spent “having fun” in video games



Things that are not in video
games aren't interesting anymore



The world is in a mental health crisis.



Part 2: What We Can Do?



To be clear...



To be clear...

- Technology itself isn't bad. Technology can be used for good.



To be clear...

- Technology itself isn't bad. Technology can be used for good.
- But technology often isn't used for good. It's abused, used as a snare for producers to trap users online.



To be clear...

- Technology itself isn't bad. Technology can be used for good.
- But technology often isn't used for good. It's abused, used as a snare for producers to trap users online.
- “It only takes 35 minutes to get addicted to TikTok” - we have to watch out for harmful platforms and content.



A good rule of thumb:

The less time you spend on digital media, the better it is for you.



We don't rely on digital media to live.



We don't rely on digital media to live.

How can your time be used for something better?



To be the best you can be, every little thing matters.



Recommendations For You



1. Stop using a phone when:

- You're eating: it hurts your digestion and stomach.
- Doing homework: stay focused on your work!
- You have any little bit of free time: use it to think, and to rest.
- One hour before you go to sleep: the screen keeps you from having good rest.

2. Always set time limits.

- Get up, stretch, take at least a quick break, maybe every 30 minutes.
- Listen to your parents when they tell you to get up.

3. Try to have one day free from digital media each week.

- Tell your friends you're taking a break day so they don't bother you (or take one off together).
- Break the cycle of responding to the urge to pull out the phone or open games / social media.



Our Mission

Syntropic Foundation helps people outgrow digital media misuse and rebuild responsible, meaningful lives.





"Uproot digital weeds.
Rebuild meaningful lives."

Q&A

Website: <https://syntropic-foundation.org>
Email us at: grow@syntropic-foundation.org