The discipline to disconnect.

Is your battle buddy overly dependant on a mobile device?

KNOW WHAT'S RIGHT

know the signs

DO WHAT'S RIGHT

The signs are all around.
*It's up to **YOU** to recognize and act on them.*

U.S.ARMY
ARMY STRONG.®

U.S. ARMY COMBAT READINESS/SAFETY CENTER
https://safety.army.mil