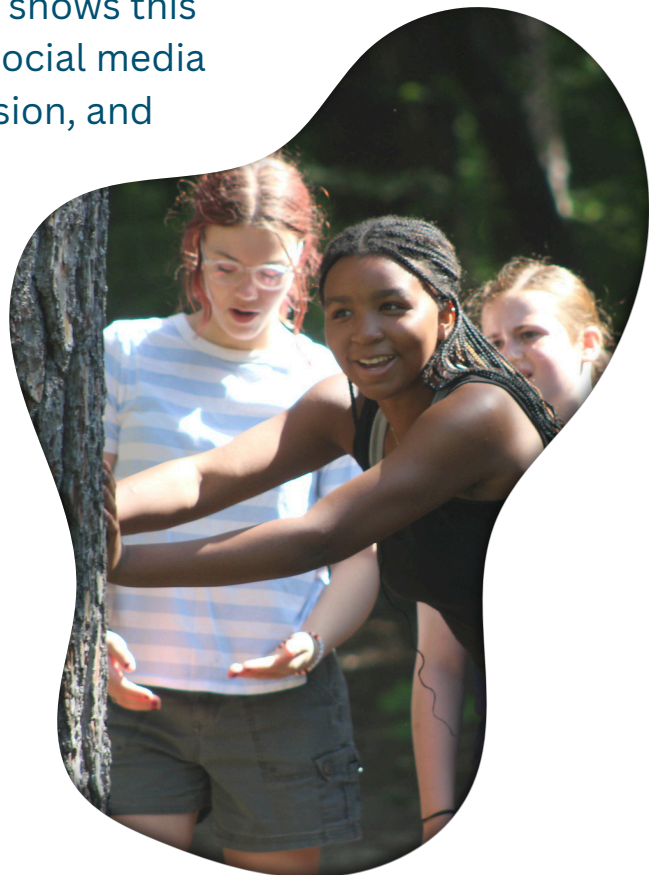


# Unplug and Connect at Camp Toccoa

In today's digital world, nearly half of adolescents report being online "almost constantly." Research shows this constant connection to smartphones and social media is linked to higher levels of anxiety, depression, and stress.<sup>1</sup> At Camp Fire Georgia, we offer a different experience—one where kids can unplug, connect face-to-face, and thrive in a supportive, screen-free environment.

Studies have shown that just a few days without screens can significantly improve a young person's ability to recognize nonverbal emotional cues, helping them become more attuned to the feelings and needs of others.<sup>2</sup> Time at camp is an opportunity to develop social-emotional skills that are harder to nurture in a digital world.

At Camp Fire Georgia, we believe in creating an environment for kids to grow. This summer, give your child the gift of a screen-free experience that will leave them feeling more connected than ever.



*Learn more...*



<sup>1</sup> Povilaitis, V. (2019). Smartphone-free summer camp: adolescent perspectives of a leisure context for social and emotional learning. *World Leisure Journal*, 61(4), 276–290. <https://doi.org/10.1080/16078055.2019.1661104>

<sup>2</sup> Uhls, Y. T., Michikyan, M., Morris, J., Garcia, D., Small, G. W., Zgourou, E., & Greenfield, P. M. (2014). Five days at outdoor education camp without screens improves preteen skills with nonverbal emotion cues. *Computers in Human Behavior*, 39, 387–392.

<sup>3</sup> Megret, C. (2023). No connectivity, better connections: teenagers' experiences of a phone-free summer camp in the United States. *Journal of Adventure Education and Outdoor Learning*, 24(1), 65–78. <https://doi.org/10.1080/14729679.2023.2211180>