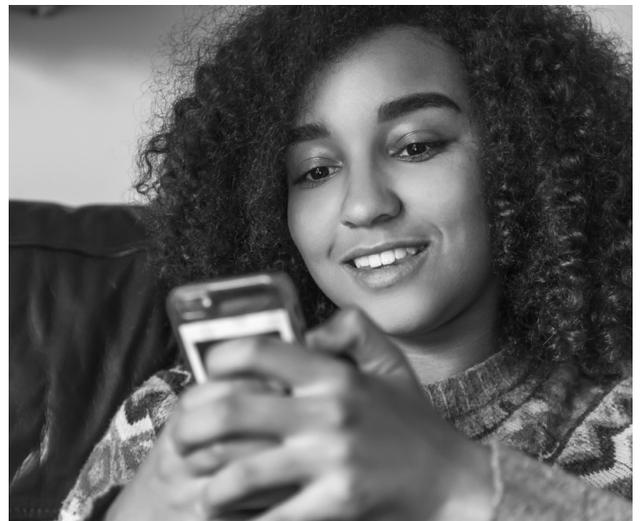# TECHNOLOGY TIPS
FOR ALL AGES

As a parent, you monitor your child's daily diet to ensure it is healthy.

But do you also check the quality of his or her *technology diet?* Is your child making good content choices each day? Is your son or daughter consuming excessive amounts of media, which includes smartphones, social media, apps, laptops, and TV?

Too much media and technology use can potentially affect your child's **sleep, grades, concentration** and **behavior.** In addition, the digital footprints created by your son or daughter may last a lifetime. Awareness of what your child is doing and how often is the first step.

Here are more tips for ways to control technology usage for children in elementary, middle and high schools.

❶ **Establish rules for media use.** Write and review them as a family. Everyone should agree to the rules and understand the consequences when disobeyed.

❷ **Create a family media plan.** It should include a technology curfew. Identify technology–free zones. For example, consider removing your child's cell phone from his or her bedroom on school nights.

❸ **Limit technology use,** especially if your child is young or when it interferes with your child's schoolwork, chores and other activities. Also unplug and engage with each other as a family on a regular basis.

❹ **Follow their digital footsteps.** Get your child's passwords and user names and check their devices. Add content filters to search engines. Engage with your children on social media.

❺ **Talk about appropriate digital behavior.** Talk about boundaries. Encourage your child to never bully, exchange nude photos, meet "friends" known only online, watch porn or disclose personal identifying information.

❻ **Promote positive aspects of social media.** Some programs teach empathy, tolerance and other helpful behaviors. Find reviews about age-appropriate movies, apps, websites and games from such websites as *CommonSenseMedia.org.*

HELP YOUR CHILD LEARN HOW TO BALANCE TECHNOLOGY USE WITH HEALTHY MEDIA HABITS.