cyberwise

POST-PANDEMIC TECHNOLOGY REBOOT

As we return to "normal," take this opportunity to reframe your family culture around technology. Remember to listen to and be respectful of the reasons youth use tech AND model healthy tech use yourself.

"Screentime"
1

Stop focusing on "time" and instead consider what screens are being used for (to learn, to connect, to soothe?).
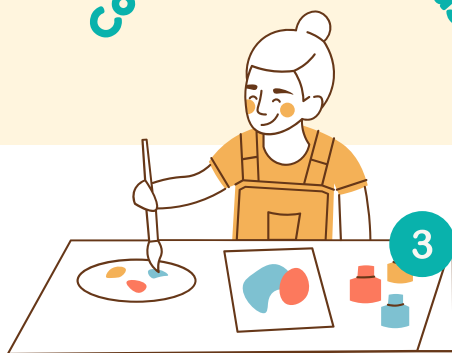
Positives and Negatives
2

Discuss the role tech played during COVID (good - social connection; bad - misinformation). Ask: "What should tech use be like now?"
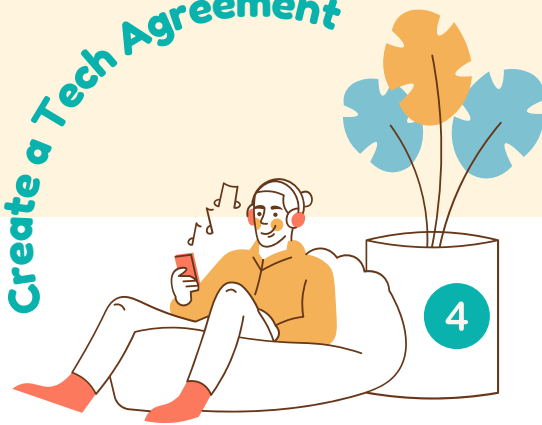
Compare and Contrast
3

Recognize this time as a unique opportunity to compare tech use before and after COVID in order to figure out what makes sense going forward.

Create a Tech Agreement
4

Discuss and create a tech use agreement with every member of your family. Start here: www.cyberwise.org/technology-agreement

Face-to-Face Contact
5

For our youngest of children (0-5), be mindful of limiting their tech use. They need human interaction!
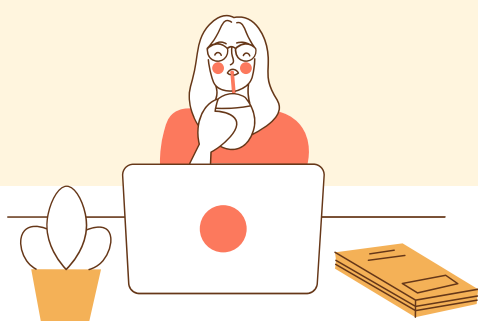
Co-View, Talk, & Select
6

For young kids (6-12), remember to co-view, talk, and be selective about their tech use. Use digital on-ramps: www.cyberwise.org/age-of-use-

Empower
7

For teens, empower (teach) them to assess and set boundaries for themselves. Be sure your schools are teaching digital literacy: www.cybercivics.com

Take Breaks
8

Schedule family "screen vacations." Let kids experience what life without screens is like and then talk about what you all learn!

www.cyberwise.org | www.cybercivics.com