



# Digital Citizenship Week 2019

## Media Balance and Well-being

- Developing a Healthy Relationship with Your Technology

### Monday

Families are encouraged to reflect on their own relationship with technology, their media habits, and begin to think of ways to make some healthy adjustments.

- Reflect on the role technology plays in your life with [Google's technology self-assessment](#).
- Track your screen time on [Apple](#) and [Android](#) devices.
- Check out Google's [Digital Wellbeing tools](#).
- Use this [On-Task Self-Monitoring Sheet](#) and a timer for one day to become more aware of whether technology is distracting you from your homework or other focused work.
- Create a family media plan to reflect on your current practices and plan to incorporate healthy media habits into your home.
  - [American Academy of Pediatrics Family Media Planner](#)
  - [The SMART Talk](#)
  - [Common Sense Media Device Contract](#) and Media Agreement ([K-5](#), [6-8](#), [9-12](#))