



Digital Citizenship Week 2019

Media Balance and Well-being

- Developing a Healthy Relationship with Your Technology

Friday

Students and families are encouraged to practice media balance by taking a break from screens to engage in real-world experiences and quality time with their friends and family. Try some of these ideas:

- Have a [device-free dinner](#) and focus on connecting as a family.
- Take on a Phone-Free Day challenge as a family and commit to leaving the phone at home when family members go to school or work. Notice how your day changes and discuss the benefits and challenges together.
- Have a family board game night instead of playing video games or watching TV.
- Make a phone call or write a letter to a family member or friend instead of sending a text or email.
- Spend time outside as a family and leave the phone behind. Thank you for participating in Digital Citizenship Week! Take good care of your body, mind and your relationships and enjoy the benefits of using technology in a healthy and balanced way.