



# Digital Citizenship Week 2019

## Media Balance and Well-being

- Developing a Healthy Relationship with Your Technology

### Thursday

Students and families are encouraged to think critically about the media they consume and actively evaluate and select high quality, age-appropriate media. Try some of these ideas:

- Help your child become a critical consumer of media by discussing these [5 questions](#) with them when you consume media together such as books, movies, and news articles.
- Consider Common Sense Media's [reviews](#) of movies, apps, TV shows, video games, websites, and music for information that can help you decide if the media your child is consuming is appropriate for them.
- Check out this [tip sheet](#) with your child and emphasize the importance of choosing quality resources.
- Try these additional [tips](#) on how to establish expectations at home around media use.