



Digital Citizenship Week 2019

Media Balance and Well-being

- Developing a Healthy Relationship with Your Technology

Tuesday

Students and families are encouraged to exercise healthy tech practices such as managing notification settings and turning off screens an hour before bedtime. Try some of these ideas:

- Consider making [phone-free zones](#) in your home.
- Promote better sleep by disconnecting from screens at least one hour before bedtime and charging your phone outside of the bedroom.
- Change your phone's [notification settings](#) to minimize distractions or try some of [these suggestions](#).
- Visit Google's [Focus Your Time](#) page for suggestions to track usage and manage your time on Android apps as well as time management suggestions for Youtube and Gmail.
- Try some family mindfulness activities with GoNoodle's [Flow](#) channel.