TECHNOFERENCE CLEARANCE

NAVIGATING RELATIONSHIPS AND TECHNOLOGY

SELF-ASSESSMENT

TIME ESTIMATE
- WORK
- RELATIONSHIP
- LEISURE
- ADDITIONAL

1. At what times and how often do I use technology throughout the day?
2. Is all of this use necessary?
3. What is driving me to check or respond to my technology?
4. Is there any aspect of my use that is affecting me negatively?
5. Is technology use changing or replacing parts of my real life that were going well before?

(D.McDaniel, 2014)

DOES YOUR TECH USE ENLARGE OR RESTRICT YOUR CAPACITY TO LIVE AND LOVE? HOW?

MEDIA AGREEMENTS

INVOLVE FAMILY
Let everyone contribute

DIFFERENT NEEDS
Developmental needs
Media sensitivities

PARENTS PARTICIPATE
Model good digital citizenship

BRAINSTORM: TECH RULES, HOW TO BEGIN TECH CONVERSATIONS

HOW DO I PREPARE MY KIDS FOR A DIGITAL FUTURE?

TAKE AWAY MESSAGES

- Start by examining your own media use
- Model appropriate tech use
- Consider how you can enhance your relationships by using technology
- Build a changeable media plan that works for your family

RESOURCES

COMMONSENSEMEDIA.ORG
HEALTHYCHILDREN.ORG
KIDS-IN-MIND.COM