

MENTAL HEALTH MEMO

JANUARY 2023 | HEALTHY INTERNET USAGE



SOCIAL MEDIA SAFETY

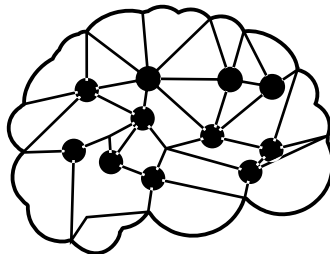
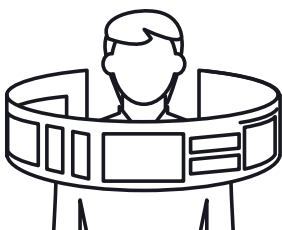
Technology is an important, useful part of our children's lives. It offers many benefits--from entertainment to staying connected with family and friends and supporting education. When used appropriately, social media can be a great place for children to share their creativity, but it can also come with some risks. One of the most important things we can teach our kids is how to make healthy, thoughtful decisions when it comes to technology.

POTENTIAL RISKS

Although social media can be an informative space to learn and connect, kids can be susceptible to cyberbullying, scams, and catfishing. Extensive screen time can also affect sleep, mood, mental health, and relationship skills.

Remind your kids:

- Think before they share
- It's difficult to keep things private
- Don't say anything online they wouldn't say in person
- Some people aren't who they say they are online



TOO MUCH TECH?

Watch for these signs:

- Complaints about being bored without screens
- Difficulty connecting with people face-to-face
- Problems with sleep, school, or mental health
- Harsh resistance to screen time limits

IT'S ALL ABOUT BALANCE

Healthy limits are a part of life. Talking with kids about how to manage tech time will help to empower and encourage them. As a family, discuss boundaries you can all agree on.

Four convos to have with your kids:

1. Show interest in what they are doing online
2. Help them recognize their screen time habits
3. Talk about their emotional health
4. Talk about what to do when they have negative feelings or want to set new screen time habits.

Be a role model to your kids.

Don't post anything you wouldn't want them to see, and prioritize family time over tech time.