

## TECHNOLOGY & SOCIAL MEDIA

### Tools that will help you stay safe and support you!



use **PRIVACY SETTINGS**



Turn your location **OFF** while  
on devices and apps



Use "**SOCIAL MEDIA TIME**" when you  
want to use social media or  
technology. This helps to not over use  
your time spent on apps and devices.  
- Try not to spend it before bed



Only go to chat rooms that are  
credible (e.g. Kids Help Phone)



- **BE CAREFUL** what you post on  
social media
- Only accept/add people you  
really know! **DO NOT ACCEPT  
STRANGERS** and avoid "chatting"  
with people you do not know



**BE CREATIVE!** Draw a picture, make a  
craft; something that will give you a  
break from technology

### Effects it might have:

- Anxiety
- Depression
- Poor Sleep Quality
- Body Image Concerns
- Cyberbullying
- Isolation
- Lack of Social Skills
- Stress
- Distraction
- Shortened Attention Span
- Risk for Predators
- Physical Risks:
  - Sitting is the new smoking! Sitting  
too long may cause strain on your  
back, eyes, shoulders, & joints



**CHECK OUT**

**potential dangers  
before joining  
dares or challenges**

Created with youth for youth @  
YouthSpeak Performance Charity

For a list of resources, please go to:  
[www.youthspeak.ca](http://www.youthspeak.ca)

#: 905-967-0604

Follow us!



[www.facebook.com/Youthspeakperformance](https://www.facebook.com/Youthspeakperformance)



[youthspeakcan](https://www.instagram.com/youthspeakcan)

**KEEP CALM  
&  
STAY SAFE ONLINE**