

Technology & Social Media

General Tip Sheet



PRIVACY SETTINGS

Turn your location OFF while on online.

“SOCIAL MEDIA TIME”

Set a time for being online. This helps to not overuse your time spent on apps and devices. Try not to spend it before bed.

CREDIBLE SITES

Only go to chatrooms that are credible (e.g. Kids Help Phone) BE CAREFUL what you post (personal info) on social media

BLOCK/DON'T ACCEPT

DO NOT ACCEPT STRANGERS and avoid “chatting” with people you do not know. Block any accounts that could be harmful.

TAKE A BREAK

Give your mind a rest and get offline..

Negative Effects of Prolonged Technology and Social Media Use may include:

- Anxiety
- Depression
- Poor sleep quality
- Body image concerns
- Cyberbullying
- Isolation
- Lack of social skills
- Stress
- Distraction
- Shortened Attention Span
- Risk for predators
- Physical risks
- Strain on your back, eyes, shoulders, & joints from sitting for long periods of time

Do an activity **outside of technology**. Make a craft, do your chores, go for a walk, have a snack, etc.



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