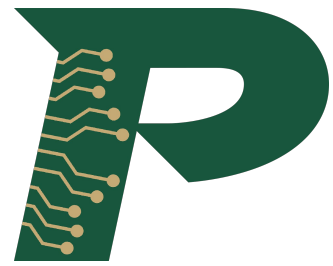


Media Balance and Well-Being



Tips to keep media and tech use part of a healthy family lifestyle.

1 *Create Screen-free Times and Zones for Home*



2 *Set up Parental Controls on Devices*

3 *Explore Built-in Digital Well-Being Tools on Devices*



4 *Model the Behavior you Want to See*

5 *Help Kids Identify Healthy Behaviors*



Where can you find additional resources?

Stay Informed

Talk Openly

Set Rules & Restrictions



commonsensemedia.org/parents-ultimate-guides



Family
Online Safety
Institute

fosi.org/good-digital-parenting



beinternetawesome.withgoogle.com/en_us/families

Find more resources at https://www.pelhamcityschools.org/for_parents/resources/