

SCREEN USE: FINDING THE BALANCE!

Are your children just consuming technology?

Technology moderation is important. Children need to balance time spent online and how they are using technology (consumption vs creativity).

A child who has a good balance and is mindful of their consumption of technology is conscious of 'what' and 'how' it might be impacting their physical and mental wellbeing.

Being aware of our use of technology is a great way to measure if it is having a positive or negative impact.

CONSUMING VS CREATING



Are your children **CONSUMING** games other people have made or are they **CREATING** their own?



Are your children **CONSUMING** videos others have made or are they **CREATING** their own?



Are your children **CONSUMING** cartoons / stories or are they **CREATING** their own?



WHEN CHILDREN CREATE WITH TECHNOLOGY THEY ARE BUILDING NEW NEURAL PATHWAYS IN THEIR BRAIN.

Lets promote children use a variety of critical and creative thinking over consumption when establishing screen use plans with children.

CYBER SAFETY PROJECT

DOWNLOAD THE DIGITAL BALANCE CHALLENGE
cybersafetyproject.com.au/families