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MODELING TECH BALANCE

Utah NetSmartz Provided by The Boys and Girls Clubs of Utah



3 WAYS TO HELP BALANCE

Prioritize your Notifications.

No one likes to be distracted, so why should we let our devices distract us? Not all notifications are created equal. Use your device settings to determine what notifications are absolutely necessary and which can wait and adjust your settings accordingly. Don't let a phone alert interrupt a meaningful moments with your family.

Schedule Entertainment Time

Do you reach for your phone during every unplanned minute? Trust me, you're not the only one. This repeated behavior is a Digital Habit. After time it is difficult to break. Healthy Digital Habits can be created by scheduling your entertainment time and being the owner of your device use.

Declutter your Device

Simplify and Intensify! Keep your device screen clean and simple by deleting apps which you no longer need and promoting apps that support health and wellness.

2-START A DISCUSSION

WHY DO WE NEED A HEALTHY BALANCE WITH OUR TECHNOLOGY?

WHAT APPS WOULD BE HELPFUL TO RECEIVE NOTIFICATIONS AND WHICH WOULD NOT?

WATCH THE VIDEO



1 CHALLENGE - ADJUST NOTIFICATIONS FOR 3 APPS