



Take a Beat: Are You Controlling Your Technology or Is It Controlling You

The next time you pick up your device, take a beat to ask yourself—
"Who's in charge here."

Am I actually enjoying what's happening right now, or am I too busy trying to post it or stuck in a scroll spiral?

Encourages mindfulness and being present.

Am I using my time in a way that makes sense, or am I multitasking so hard that nothing's getting done right?

Helps with time management and focus.



Is this helping me feel good—mentally, emotionally and physically—or is it messing with my vibe?

Promotes self-awareness and well-being.

Am I being kind and thoughtful? How might what I say or do online affect someone else?

Supports empathy and respectful communication.

Source: Boston Children's Digital Wellness Lab



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