

8 TIPS FOR BUILDING CHILDREN'S AGENCY AROUND TECHNOLOGY

Family Communication About Technology



Ask your children about their favorite uses with technology.



Allow children to join in the "tech rules" discussion.

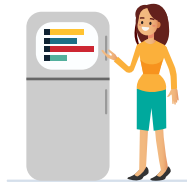


Ask your children about their views of technology.

Create a Strategy to Find a Balance



Encourage your children to pursue "low-tech" hobbies.



Post tech rules where children can see and reference.



Replace technology use as a family with family activities.

The Power of Positivity



Praise children for positive behaviors around technology.



Use screen time as a reward for other good behavior.

