

Finding the Right Balance with Technology

Learn practical tips for your child and their relationships.



www.smactalk.info

Check out
our student
resources!



doing tech together
(e.g., playing games,
streaming movies)

connecting with
others not
in the room

creating content

sharing with
loved ones

using tech to learn
(e.g., reading,
research)



doing too much
tech alone

disconnecting from
others in the room

consuming
too much non-
constructive
content

hiding content
from loved ones

using tech to
avoid real life
responsibilities



Watch Our Relationship with Social Media

fear of missing out (FOMO)

smactalk.info/fomo



Digital On-Ramps

introduce the right tech at the right time

smactalk.info/on-ramps



Ask your child:

"Have you ever felt left out?
Do you feel that way often?"