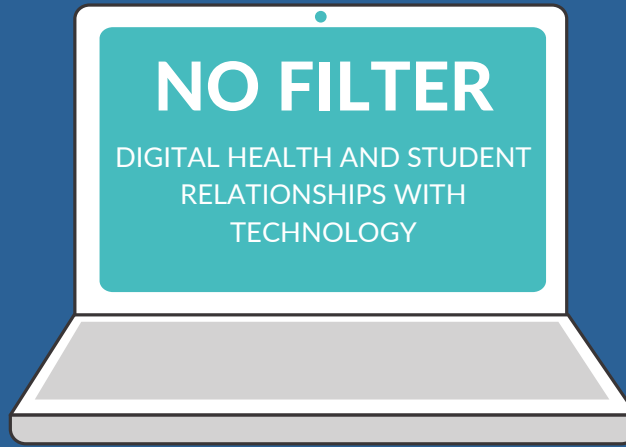


Digital Media

Any communication media that operates in conjunction with various encoded machine readable data formats. Examples include: podcasts, TV, radio, email

Digital Health

The way in which individuals interact with and consume media and digital content



Screen Time

Time spent using a device such as a computer, television, or game console.

Social Media

Websites and applications that enable users to create and share content or to participate in social networking

Next Steps

Negotiate rules for family screen time and digital tech use

When, Where and for How long?

Revisit over time

Be a role model

Use screens and technology together

Encourage physical activity and a variety of free-time activities

Aim for small windows of use

Consequences

1. Academic
2. Cognitive
3. Mental Health
4. Psychosocial
5. Physical
6. Family Implications
7. Addiction

Parent/Guardian Role

Manage

Monitor

Model

Engage

Digital Citizenship

The What and Why of

Digital Health

Digital Revolution

COVID

Parent involvement is a must!

Quick Guide

