



# Technology and kids

*Technology is a fact of life. Helping youth use it well is critical to well-being.*

## What to do

### CONNECT – Help youth:

- Develop relationships with other youth in school and community.
- Increase face-to-face contact with others outside of social media.
- Develop leadership skills and meaningful roles and responsibility in the family, community, and school.
- Get important information – like health information – from respected sources.
- Set expectations to focus on one thing at a time. Multitasking is related to anxiety.
- Connect to community outlets to express their creativity and develop identity.

