

Technology and kids

Tips for parents and caregivers



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.
- Have a voice, 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.

MENTAL WELL-BEING

TALK – Ask youth:

- How they feel about social media and what they get out of it.
- How their social media and real life persona are the same or different.
- If they like or dislike who they are online.
- If they experience any online cruelty.
- About sexting, potential consequences, and healthy relationships and respect.
- How to choose friends on social media. Ask about those you don't know.

ACT – Take steps to:

- Create phone-free and technology-free zones – spaces and times when youth take screen breaks and focus on other things like dinner, family, and sleep.
- Learn the basics of technology and social media. Monitor their use together instead of secretly.
- Model healthy use of technology.
- Seek professional help if technology habits (social media, gaming, etc.) are unmanageable.
- Use filters for privacy, language, and usage time.



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

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