

DEVELOPING HEALTHY VIRTUAL RELATIONSHIPS INVOLVES
Finding the Right Balance with Technology

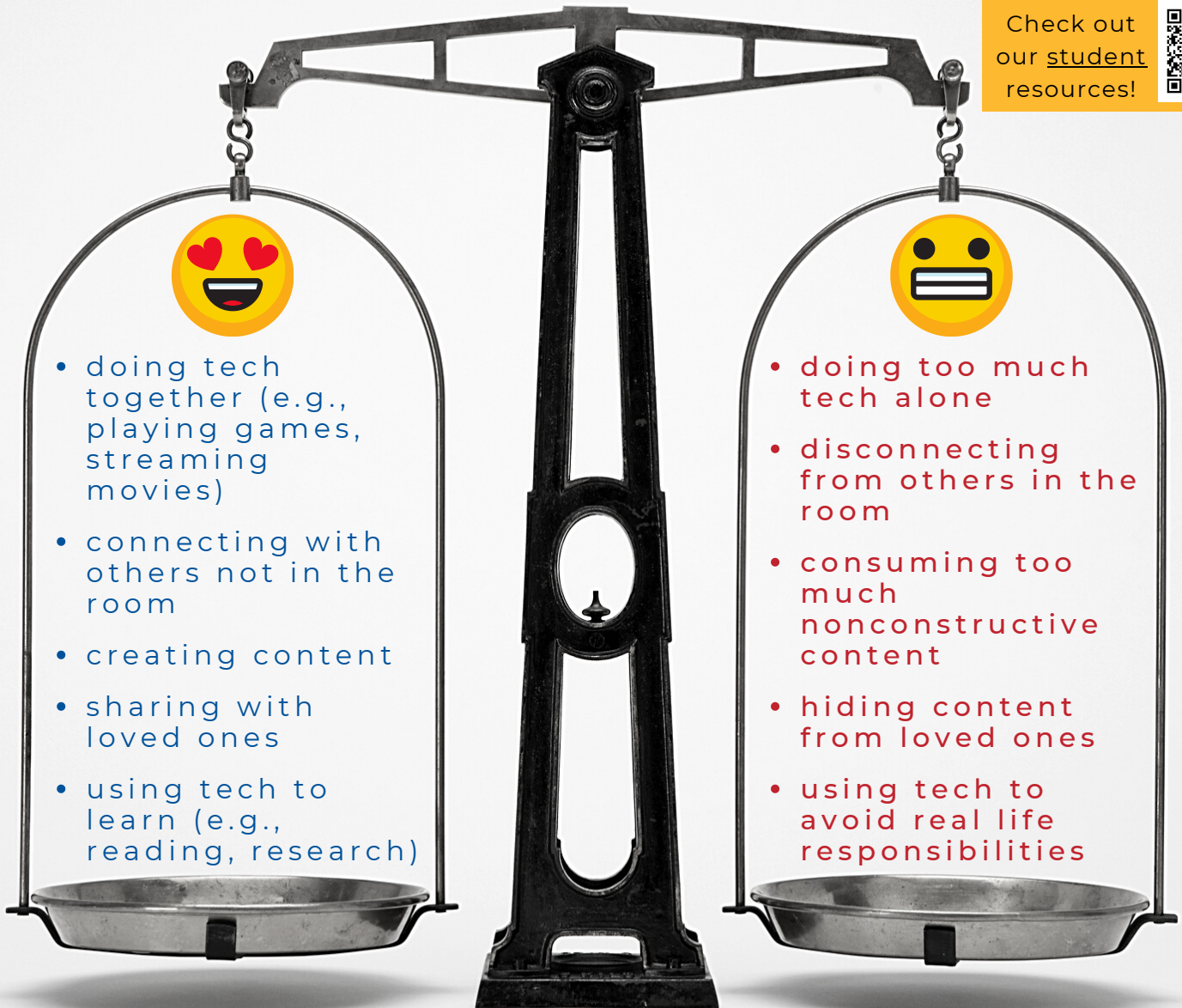
Learn practical tips for your child and their relationships.



Check out
our student
resources!



www.smactalk.info



- 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 nonconstructive content
- hiding content from loved ones
- using tech to avoid real life responsibilities



Watch Our Relationship with Social Media

fear of missing out (FOMO)

<http://bit.ly/SMACfomo>



Digital On-Ramps

introduce the right tech at the right time

<http://bit.ly/SMACon-ramps>



Ask your child:
"Have you ever felt left out? Do you feel that way often?"