



6 TIPS FOR KIDS

Based on The U.S. Surgeon General's Advisory:
Social Media & Youth Mental Health

- 1. Make a plan with your family.** Learning, playing, and watching videos on your devices is fun, but it can also be hard to stop. Decide when, where, and how long to spend on games, computers, and phones in your home.
- 2. Prioritize your time.** Homework and chores should be finished before you turn on your devices.
- 3. Take breaks.** Time flies when you're gaming at home. Make time for in-person activities. Play a board game, meet a friend, or put together a puzzle for a sense of balance.
- 4. Treat others with kindness.** Digital citizenship is being respectful, truthful, and responsible online. Tell a trusted adult if you see anything inappropriate.
- 5. Be Patient.** You may have to wait to use some social media sites. For good reason, many social media platforms have a minimum age of 13.
- 6.** Computers, iPads, and cell phones are owned by your parents. Your caregivers are in charge of when and how they are used. Using these devices is a privilege, not a right.

