

# STARTS WITH YOU

Utah NetSmartz Provided by The Boys & Girls Clubs of Utah



## 3 WAYS TO MODEL DIGITAL CITIZENSHIP

Children learn how to behave with technology based on how they see it being used. As a guardian, consider how you model healthy digital behavior. It starts with you. Here are three tips to help!

### Use Technology as an Educational Tool

Need something fixed? Want to paint like Bob Ross? Find instructions or a video demonstration and invite your children to take part in the online education journey.

### Healthy Balance

As incredible as technology is, be willing to set aside your devices to experience face-to-face interaction. Demonstrate using "Do Not Disturb" mode. Avoid using devices behind the wheel. Make plans to enjoy nature without using disruptive technology.

### Open Discussion

Social Media and other technology use can easily be hidden. Be the example for your family that online experiences should be shared. A safe space will encourage youth to express positive experiences and report dangerous concerns.

## 1 CHALLENGE - ENCOURAGE OPEN DISCUSSION

## 2-START A DISCUSSION

**WHAT DO YOU LIKE TO DO ONLINE? WHAT DO YOU NOT LIKE ONLINE?**

**HOW DO YOU THINK I USE MY PHONE OR MY COMPUTER?**

WATCH THE VIDEO  
[UTAHNETSMARTZ.ORG/TIMELYTIP](https://utahnetsmartz.org/timelytip)



# THE BIG 3 TO OPEN DISCUSSION

1. YOU CAN ALWAYS TALK TO ME.

2. YOU MIGHT SEE SOMETHING THAT MAKES YOU FEEL SAD, SCARED OR CONFUSED. YOU CAN TELL ME.

3. DO YOU HAVE ANY SUGGESTIONS ON WAYS WE CAN BETTER USE TECHNOLOGY?

