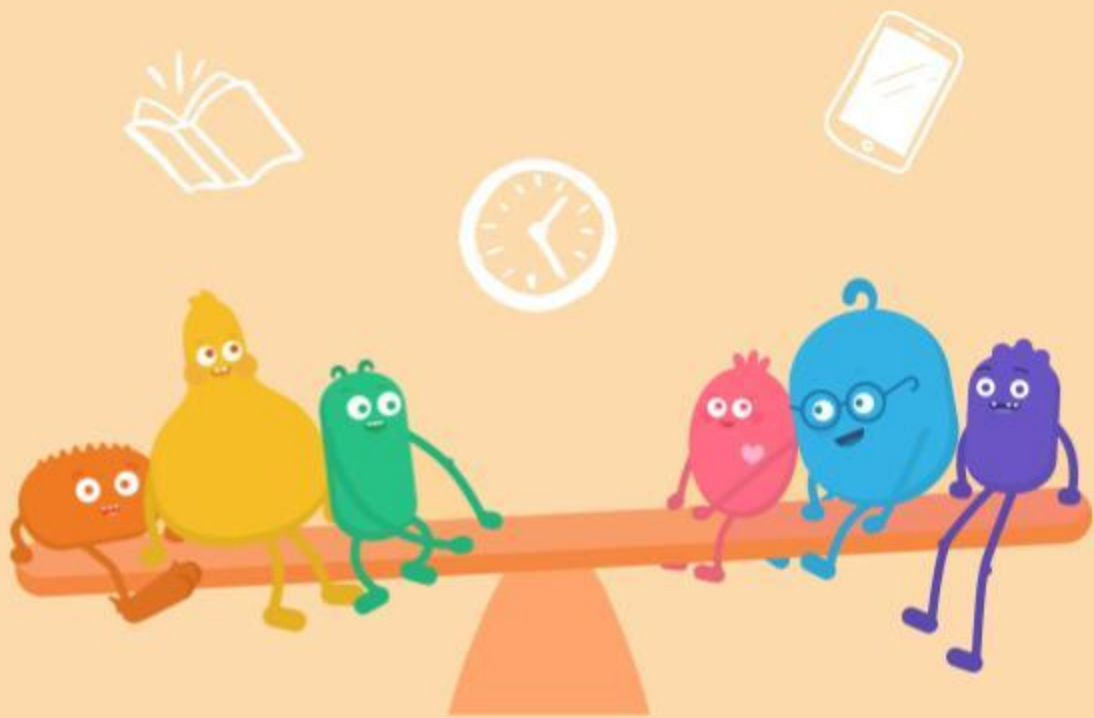


Media Balance Is Important



MEDIA BALANCE



How do we find a
happy balance between
our online and offline
activities?



Tips To Keeping A Balance for Online and Offline Activities

1. Ask a parent/guardian to help you set a timer for limited screen time.
2. Stop and notice what's going on around you, not on the screen.
3. If your eyes are tired, you might be spending too much time on devices.
4. Get outside and move your body!
5. Find activities that are fun for you and your friends and family to do together that **AREN'T ONLINE.**

