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## 10 Tips for role modelling positive and mindful technology use

1. Setting boundaries for tech use is essential for creating a healthy and balanced relationship with technology.
2. Establish times and places where tech use is allowed, such as not using devices during mealtimes before bed. Stick to these boundaries consistently.
3. Mindfulness is essential for maintaining a positive and healthy relationship with technology. Practice mindfulness by taking breaks from tech, engaging in offline activities, and being present in the moment. Encourage children to do the same.
4. Engaging in offline activities is essential for creating balance in tech use. Encourage children to participate in physical activities, spend time in nature, and engage in creative endeavours. Role model these behaviours yourself.
5. Practice positive and respectful communication online and offline. Avoid negative or inflammatory language online, treat others with respect, and model good behaviour. Encourage children to do the same.
6. Model good security habits, such as using strong passwords and enabling two-factor authentication, and practice safe and responsible online behaviour. Teach children to do the same and to avoid sharing personal information online.
7. Stay informed about the latest tech developments and trends and model responsible use of technology. Seek guidance from trusted sources and practice critical thinking when evaluating online content.
8. Celebrate offline achievements like completing a project or reaching a fitness goal. Encourage children to pursue offline activities and celebrate their successes.
9. Encourage collaborative tech use by engaging in group activities, such as playing educational games or creating digital art projects. Encourage children to share their knowledge and skills with others and create a positive and supportive environment that promotes learning and growth.

10. Be mindful of screen time and its impact on children's health and well-being. Encourage children to take breaks from screen time and engage in physical activities or social interactions. Model these behaviours and promote a healthy balance between tech use and offline activities.

If you or your child is struggling with tech use or experiencing negative effects, seek support from a trusted professional or resource. Don't hesitate to ask for help and encourage children to do the same.