

## Raising kids in a digital world

In Vancouver Public Schools we support the use of technology for teaching, learning and enjoyment. We also know the importance of setting limits and finding balance in a digital world. That's why we are promoting digital wellness: physical and mental well-being in a digital society. Watch for tips and information in school newsletters, in district publications and on the VPS website about digital wellness for your digital world kids.



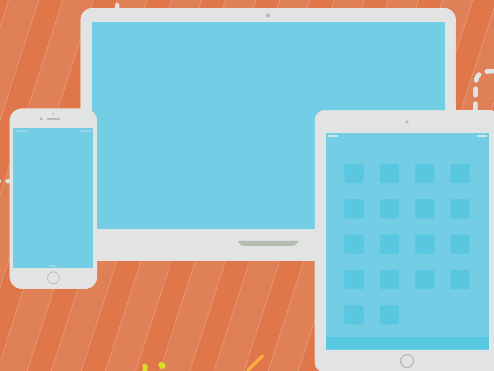
## 3 tips for parents



### Take a tour

Ask your child to give you a tour of his/her device

- Your student should not share passwords with anyone but you so you can review what's on your child's device.
  - Look at saved photos.
  - Review Internet history and recent applications.
  - Check received and sent emails.



### Good night

Create a good-night routine

- Turn off devices at the end of the day.
- Charge devices in a location besides your child's bedroom that you can monitor at night.



### Screen time

Set screen-time guidelines

- Monitor what your child is doing: socializing, playing games or doing homework.
- Set limits on how long and when your child is using a device.
- Create opportunities for children to work, communicate and play without a device.