MAKING POSITIVE CONNECTIONS

Guidelines for making proper use of technology

LEISURE TIME

Combine time spent in front of your computer or tablet with other activities such as playing sports, going out with friends, being with your family, reading...

STANDARDS

You must comply with the rules given to you by adults.

BENEFITS

Use technology to inform yourself, learn and stimulate your motivation and creativity.

BEWARE OF...

- Clicking on unknown links.
- Providing private information.
- Feeling sad, angry, or irritable if you're not online. If so, talk about it with people you trust.

REST

Don't allow time spent in front of your computer to prevent you from sleeping 8-9 hours every night.
Don't use tech devices for at least 1 hour before bedtime.