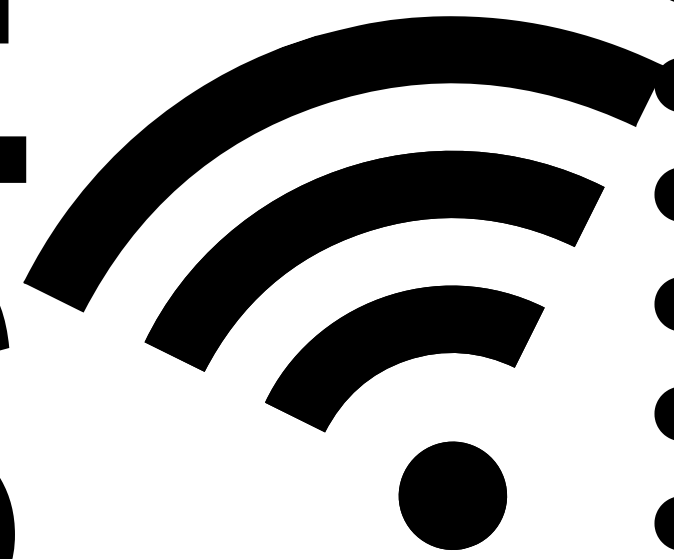
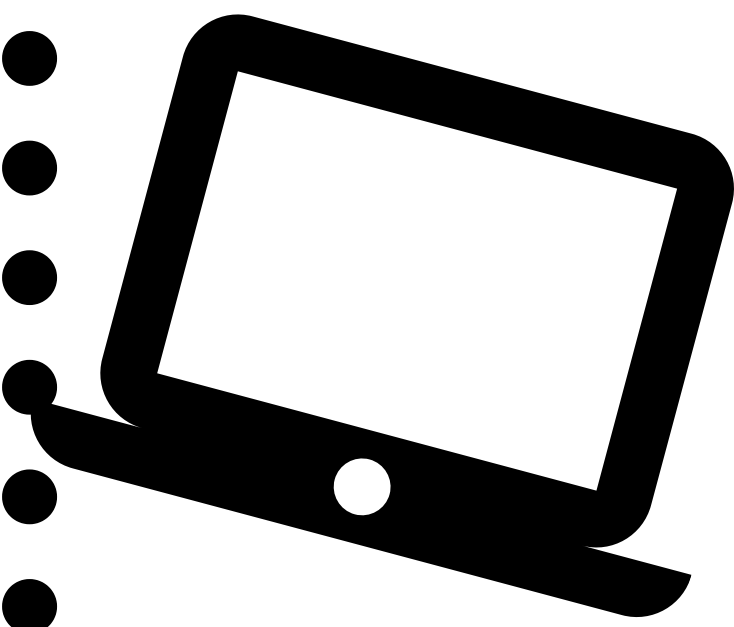


# ONLINE WELLNESS



## POPULAR APPS

- TikTok
- Snapchat
- Youtube
- Roblox
- Instagram

## MEDIA BALANCE

- Create media free-zones and times
- Limit multitasking
- Do family activities.
- Co-view and discuss.
- Talk about the pressure to respond

\*APPS/GAMES

\*MEDIA BALANCE

\*SAFETY

\*RESOURCES



SCAN THE QR CODE FOR MORE INFORMATION!



<https://sites.google.com/roselandnjboe.org/online-wellness>

## RESOURCES

[www.common sense media.org](http://www.common sense media.org)

[www.connectsafely.org/edtech](http://www.connectsafely.org/edtech)

[www.net smartz.org/Home](http://www.net smartz.org/Home)

## SAFETY

- Follow the rules
- Think before you post
- Make sure kids set their privacy settings
- Kindness counts.