

Name: \_\_\_\_\_

## Healthy Technology Use

We use technology a lot at home and school. If we use the technology appropriately it can help us learn. If we use it inappropriately, it is not healthy for us. Here are some examples of healthy and unhealthy technology use.

<b>Healthy Technology Use</b>	<b>Unhealthy Technology Use</b>
Doing your homework and then logging off	Staying on technology for hours
Doing age appropriate activities approved by your teacher and parents	Going on website that your parents and teacher have not told you to go on
Playing a lot of different activities with friends after school including those that don't use technology	Only playing video games with friends after school

**Draw a picture of someone using technology in a healthy way.**

**What is one way you can be more healthy about your technology use?**

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