

FEBRUARY 2021

# MEDIA BALANCE AND WELL BEING

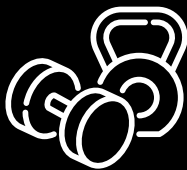
We find balance in our digital lives.

Social Media has become as universal as the air we breathe, so you need to arm yourselves with the tips below to protect your social media profile or brand from an attack.

- Avoid "Games" on social media that require personal data.
- Fact check articles you read on social media platform more than once before you share.
- Do not accept friend requests from people you do not know or already a friend.
- Avoid links & quizzes that ask you to answer personal questions. Think about it!  
Some quiz questions are the same as password protection questions.

Too much screen time can interfere with...

**Physical Activity**



**Spending time  
with family**



**Sleep Patterns**



## KEEP SCREEN TIME PRODUCTIVE

- Make sure kids have a variety of free-time activities.
- Teach children about Internet safety and proper social media use.
- Remember that not all screen time is equal: Quality and active engagement matter. Choose lively games, projects, or discussions rather than lecture.
- In these times of isolation, screen time that lets students make good connections with their teachers and peers is important.

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