

TECHNOLOGY TIPS

By Noelle Barrus

Focus on the good. We can use technology in lots of good ways—like to learn a new skill or visit with friends. Set a goal and use technology to help.

Use technology with care. Heavenly Father wants us to fill our minds with good things. Ask yourself, “Does this help me do and feel good?” If not, turn it off.

Put people first. When you are with other people, give them your full attention. Don't use your phone or other technology when someone is talking to you.

Have a purpose. Ask a parent before you get on a tablet, computer, or phone, and make sure you have a reason. If you don't, think of something else to do.

Set a timer. Before you use any media, decide ahead of time how long you'll use it.

What are some other things you can do to have fun?

- Find someone to play with.
- Read a book or draw a picture.
- Play an instrument or learn a new skill.
- Explore a place near your home, like a garden, museum, or park.