

GAMING SAFETY

Provided by Utah NetSmartz and The Boys and Girls Clubs of Utah



3 - WHAT YOU CAN DO

Take an active interest in the games your student plays. When you respect your student's interests, your student will be more likely to respect your rules.

Prepare your student to protect themselves. Time, attention, and active conversation are the best tools you can give your student to help them stay safe while gaming online.

Report inappropriate interactions. If your student is dealing with bullying or possible online enticement report it to [Report.CyberTip.org](https://www.reportcybertip.org)!

1 - PLAY YOUR STUDENT'S FAVORITE GAME TOGETHER.

2-START A DISCUSSION

WOULD YOU SHOW ME HOW YOUR FAVORITE GAMES ARE PLAYED? CAN WE PLAY TOGETHER?

WHAT KINDS OF PEOPLE DO YOU GAME WITH ONLINE? DO YOU PERSONALLY KNOW AND TRUST ALL OF THEM?

WATCH THE VIDEO

UTAHNETSMARTZ.ORG/PARENTRESOURCES



MODELING TECH BALANCE

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3 WAYS TO HELP BALANCE

Prioritize your Notifications.

No one likes to be distracted, so why should we let our devices distract us? Not all notifications are created equal. Use your device settings to determine what notifications are absolutely necessary and which can wait and adjust your settings accordingly. Don't let a phone alert interrupt a meaningful moments with your family.

Schedule Entertainment Time

Do you reach for your phone during every unplanned minute? Trust me, you're not the only one. This repeated behavior is a Digital Habit. After time it is difficult to break. Healthy Digital Habits can be created by scheduling your entertainment time and being the owner of your device use.

Declutter your Device

Simplify and Intensify! Keep your device screen clean and simple by deleting apps which you no longer need and promoting apps that support health and wellness.

1 CHALLENGE - ADJUST NOTIFICATIONS FOR 3 APPS

2-START A DISCUSSION

WHY DO WE NEED A HEALTHY BALANCE WITH OUR TECHNOLOGY?

WHAT APPS WOULD BE HELPFUL TO RECEIVE NOTIFICATIONS AND WHICH WOULD NOT?

WATCH THE VIDEO
[UTAHNETSMARTZ.ORG/TIMELYTIP](https://utahnetsmartz.org/timelytip)

