**The Digital Divide. . .Ideas to Consider**

Technology is not evil and has many positive uses, but it *is* extremely powerful. Parents should give careful consideration to how tech and mobile devices are used with children and teens. Here are some ideas to consider:

1. Does your family’s use of technology and devices create more connection or less?

2. What would your children be doing if they weren’t using a screen?

3. Check your priorities: Is there enough time for sleep, active play and exercise, conversation, and creativity?

4. Consider making agreements with your children and setting reasonable limits for “screen time.” What do you think would be reasonable? What will you do if your children don’t comply?

5. Does your family have “tech-free” times? What about family dinner? Bedtime? Do you know if and when your children are “unplugged”? Are you?

6. What are the benefits of tech use for your children? What are the risks? How will you know what is really happening?

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