

Counselor's Corner

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Technology Safety

Last Wednesday in FLEX I shared the "Family Technology Rules" with your children and explained to them the importance of appreciating the technology they are allowed to use and using it responsibly. I put the emphasis on trusting the wisdom, experience, and maturity that their parents possess. I thought this would be an opportune time to share with you the following "Technology Safety" rules. The most important thing for all parents to remember is that we are ultimately responsible for our children's well-being, so don't be afraid to take control of your child's devices; after all, you own them.

Family Technology Rules

- 1. Technology is a privilege, not a right.**
- 2. All technology must be parent approved.**
- 3. We value people more than technology.**
- 4. Devices don't come to the dinner table.**
- 5. There is NO tech behind closed doors.**
- 6. Chores and homework come before TV and video games.**
 - 7. "Turn it off" is NOT a negotiation.**
 - 8. We break it — we help pay to replace it.**
 - 9. We use technology appropriately, or we lose it.**
 - 10. Technology requires maturity.**