



# Farmington High School

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Health and safety  
in technology



Common Sense Media defines Digital Citizenship as:  
**The practice of navigating the digital world safely,  
responsibly, and ethically.**



# Digital Citizenship

- **We are kind and courageous**

No cyberbullying, digital drama, hate speech

- **We define who we are**

You leave a digital footprint and identity

- **We find balance in our digital lives**

Maintain a balance between media and well being

- **We are critical thinkers and creators**

Develop news and media literacy

- **We care about everyone's privacy**

Respect the privacy and security of others

- **We know the power of words and actions**

Promote healthy relationships and communications

# ! CAUTION



Two of the biggest addictions today are  
**technology and pornography**

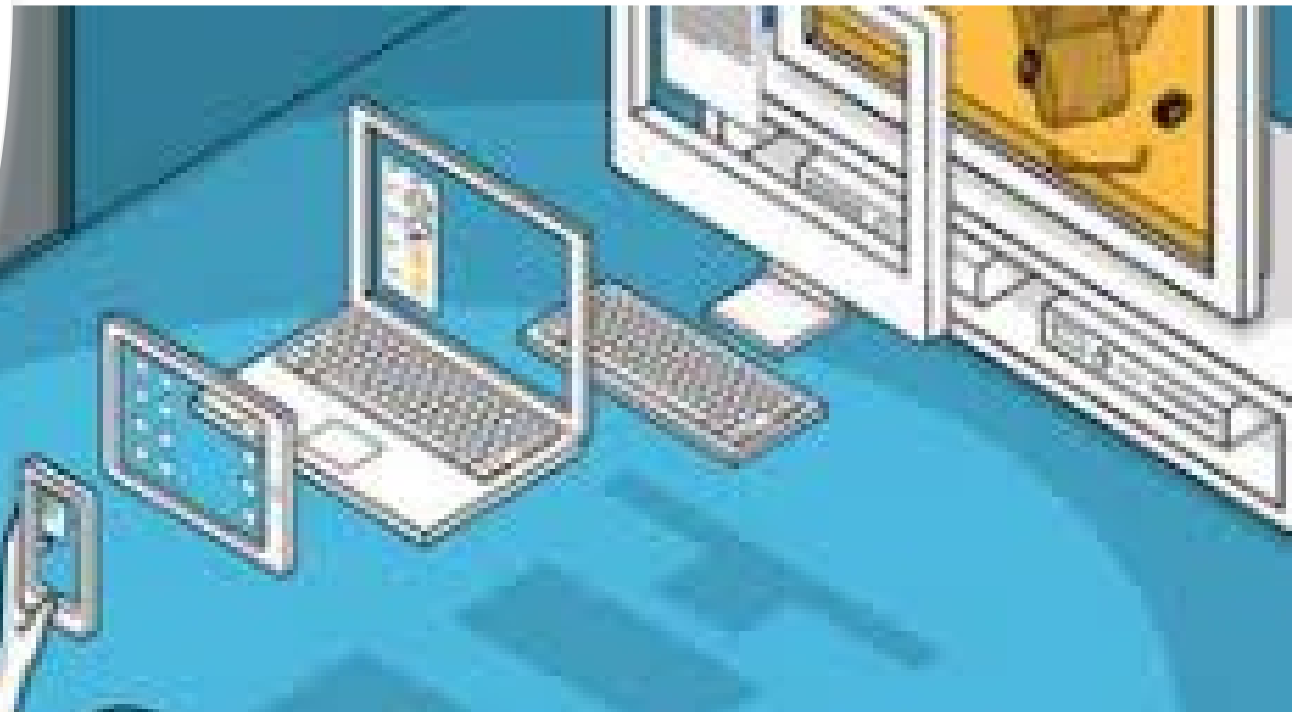


# **Amount of time the average 8 to 18-year-old spends on technology**

**7 hours 38 minutes per day  
which is 53 hours per week  
which is 2770 hours per year.**

-2010 study

The majority of screen hours are spent "media multitasking", meaning **using more than one medium at a time**—like watching TV and scrolling through social media simultaneously.





With the use of **media multi-tasking** the amount of time spent on screens **increases** from 7 hours 38 minutes/day to **10 hours 45 minutes/day**



Parents and students should take the challenge of...

- A monthly digital-free day.

Commit to unplug for one day each month. **OR**

- An electronics-free weekend.

Commit to spending quality time together without using electronics for one weekend every month.

# The old social—

Teens had face-to-face interactions by talking and watching each other's non-verbal communication.



# The new social –

Teens have fewer face-to-face interactions and see less non-verbal communication. Instead they text and have one sided communications with machines rather than humans.

# BEFORE You



# THINK



*YouTube, Instagram and Snapchat are the most popular online platforms among teens. 95% of teens have access to a smartphone, and 45% say they are online 'almost constantly'.*





Excessive electronic use raises the risk of obesity, interferes with social activities and family time, and takes a toll on a teen's mental health.

Apps have been designed with “psychological tricks” to constantly keep grabbing your attention ( ie. Snapchat app, you gain ‘streaks’ when interacting with your friends. If you don’t respond, you lose the streak). The addictive nature of apps aims to engage youth and keep them coming back for more.

