



GRADES 3–5 FAMILY CONVERSATIONS

SELF-MANAGEMENT IN DIGITAL LIFE



Talk About How Your Child Can Find a Healthy Balance with Technology

Your child is learning to reflect on their habits when it comes to using media like TV shows, movies, apps, or video games. Use these questions to talk with them about how they define media balance for themselves.

Ask these three questions:

1. *I hear you learned about **media balance** at school. What is that?*
 - Listen for:
 - *Using media and technology in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.).*
2. *How are some media choices more healthy or less healthy than others (for example, how they affect sleep, activity/movement, emotions)?*
3. *What do you think healthy media balance looks like for our family? What are the different kinds of activities, both online and offline, that you would want to do on a given day? Week?*

Learn more ways to find balance in your digital lives at commonsense.org/family-tips-on-media-balance!

Family handout for grade 4 lesson *My Media Choices*, or 3–5 classroom activity *My Media Balance*



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.