Limit time on laptops and computers to promote time to engage in healthy activities that forces us outside of our house (Gym, enjoy the nature outside, etc). Since obesity starts in young adults. Develop habits of healthy uses of technology for example. Using your laptop to watch workout videos instead of laying in your bed watching netflix. Social media is a great way for self-expression and exploring identity. For some people, using social media can be an easier	If you are out with your friends and family, try to put your phone down at the table, or go out with friends and try to leave technology at the side. Only to check it a couple times. Try not to get so involved in social media, whether it be checking up on it, or posting online. Set a time at the end of the night for yourself where you should separate yourself from technology Try to put down technology an hour before bed time Try to not check technology in	Be more cautious about the kind of information you share Prioritize your time Use for the purpose of sharing good information or gaining beneficial information Limit night use be it streaming services or social media Be intentional with tech use Schedule certain days not to use tech or certain hours of the day not using tech	When in a social group, focus on face-to-face interactions (NOT on phones!) Not having your phone next to you when working on important things (homework) Read from books, not screens Use technology with other people, not as an individual Use technology with intentions = Essential vs. entertainment Use one piece of technology at a time, not everyone is good at multitasking	Dedicated time away from screens = Leave phone at home for small periods of time = Put phone away during times of focused work i.e. homework =Make a point to spend quality time with people/in new experiences where you leave your phone =Set screen time limits for yourself =Utilize functions like the iPhone screen time feature to create daily limits for things like entertainment	Utilizing the environment of the use of my technology Using one technology at a time Being mindful of your technology use Thinking critically when your using your technology More face-to-face conversations and interactions Keeping technology away during important times Setting up a time limit on technology	Having a technology free space in your house and time Use technology to open more doors and create connections Limit technology use each day Using technology to manage certain aspects of your life, like scheduling Get tips from other successful people to apply towards your life Have your own norms and values around technology so that it's good for you Prioritize being present with others instead	Don't use technology during meals Take time to interact with people face to face Putt mobile device away during time dedicated to classwork Avoid using screens for elongated periods of time right before bed Limit yourself to one device at a time Be conscious of technology distractions, so you can avoid them in the future =i.e what social media sites you take up most of your time	Intentional use =Be conscious of displacement =Recognize what functions specific applications serve Regulate use in social settings =Don't use your phone when in direct conversations Don't use your phone in bed =Leave phone plugged in and charging outside of Use monitoring apps/set limits and boundaries =Light-color apps =Time limit services

process to do so. = A con to this can be cyber bullying, and access use. This can be damaging for individuals. =Social media can help one find inspiration =Don't use your phone in bed	the morning as your first task		Just like children's use, have a screen-free zone Set goals to minimize screen-time = Do what you NEED, not what you WANT Far stretch: unfollow people who make you feel bad about yourself Self regulating technology use Acknowledge what is and isn't healthy in your technology use Have discussions with how others use social media Normalize talking about technology use	and social media = Use "Do Not Disturb" or disable notifications for social media sites =Try to limit online activity to necessary productivity during the week Find something you enjoy to do that does not involve screen time =Exercise, art, hand-writing, cooking/baking =Seek out new ways to quell boredom, stop absentmindedly scrolling = Learn how to live with boredom and downtime, don't rely on constantly		of being online/tech Stay connected with loved ones, professors, etc. Not using before bed or first thing when you wake up. If having a tech free space, that space should be your bedroom	=Use what's necessary = Establish what is necessary for schoolwork and what is a distraction	Rely on friends/family for accountability =Set goals and share them if you want to moderate use Media literacy =Recognize sources of information

				being entertained =Put away technology when trying to rest, no phones in bed during wind down time				