

Charge Up Communication

“Let them see no one as their enemy, or as wishing them ill, but think of all humankind as their friends . . .” —‘Abdu’l-Bahá

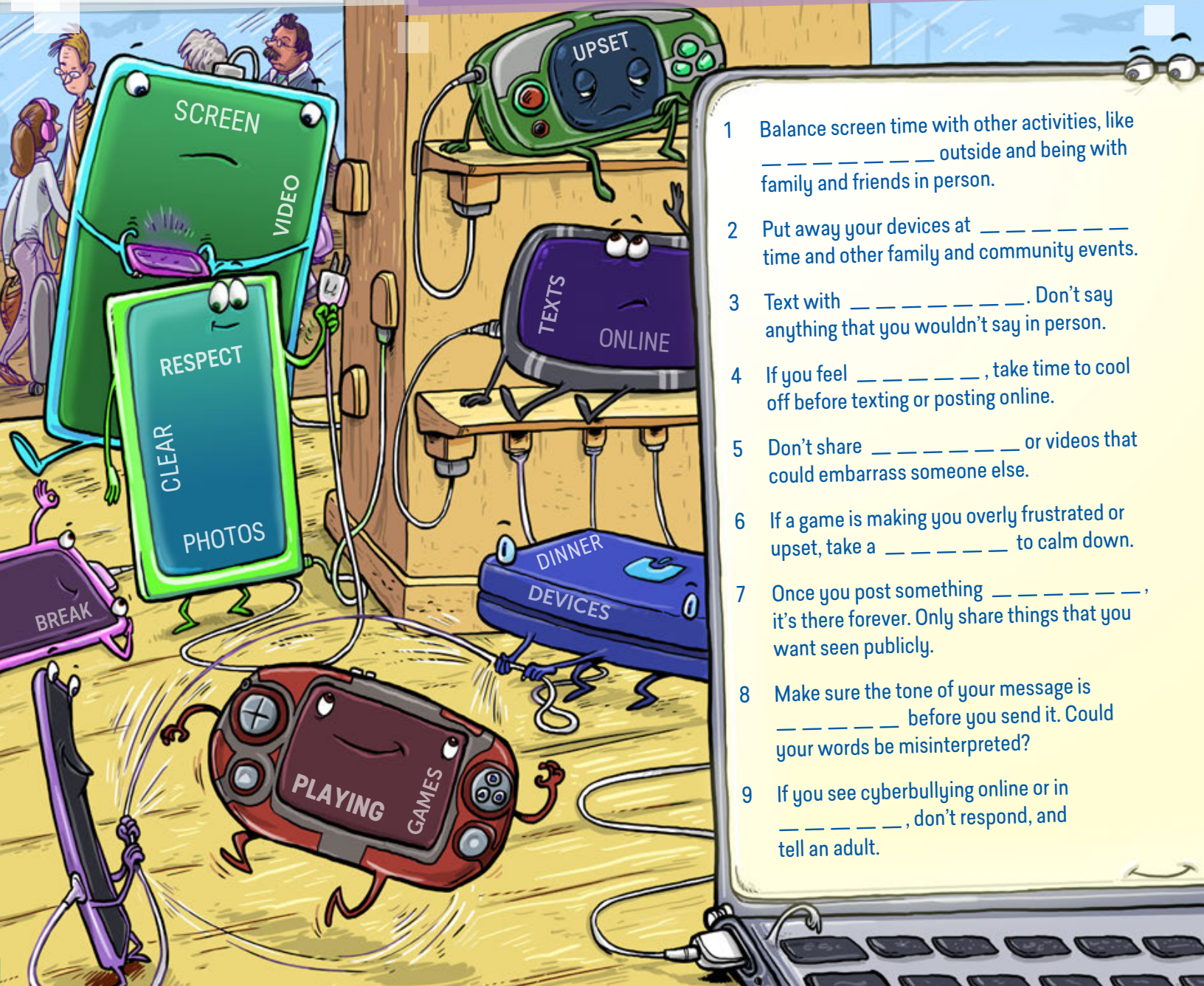
Smartphones, tablets, and other digital devices are awesome tools. They help us connect with friends, explore new worlds in a flash, or chill out with cool activities.

But they can be hard to put down. Have you ever tried talking to someone who keeps looking at their screen instead of listening? No fun. Our devices can distract us from important

things—like a friend who needs help or fun family time. But we can choose to use technology wisely. Keep in mind what’s most important to you. Would you rather beat your best score or build memories with your favorite people?

It takes strength and smarts to use your tools wisely. With moderation, we can enjoy screen time and keep our relationships—online and offline—fully charged.

Find the words to complete tips about wise screen time.



- 1 Balance screen time with other activities, like _____ outside and being with family and friends in person.
- 2 Put away your devices at _____ time and other family and community events.
- 3 Text with _____. Don't say anything that you wouldn't say in person.
- 4 If you feel _____, take time to cool off before texting or posting online.
- 5 Don't share _____ or videos that could embarrass someone else.
- 6 If a game is making you overly frustrated or upset, take a _____ to calm down.
- 7 Once you post something _____, it's there forever. Only share things that you want seen publicly.
- 8 Make sure the tone of your message is _____ before you send it. Could your words be misinterpreted?
- 9 If you see cyberbullying online or in _____, don't respond, and tell an adult.