

Hey, Who's In Charge Here?!

Taking Control of Your Relationship with Technology



Technology is a wonderful tool. It helps us stay connected, informed, entertained, and independent, but many websites, apps, advertisers, scammers, and social media platforms are competing for your attention, your time, your money, and your trust.

A healthy relationship with technology means remembering one important thing:

You are still in charge.

Signs You're Still in Charge:

- ☐ You don't feel pressured to respond immediately.
- ☐ You verify information before sharing it.
- ☐ You can put your phone down and walk away.
- ☐ You decide what deserves your attention.
- ☐ You think critically about information you find online.
- ☐ You ask questions when something doesn't seem right.
- ☐ You take breaks from social media and the news.
- ☐ You use technology to connect with people you care about.
- ☐ You ask for help when you need it.
- ☐ You remember that technology is a tool, not a boss.

Warning Signs Your Technology Might Be Bossing You Around:

- ☐ You check your phone automatically without thinking
- ☐ You get anxious if you haven't been on your phone in a while.
- ☐ Online arguments leave you feeling angry or exhausted.
- ☐ You feel pressured to respond immediately.
- ☐ You spend more time scrolling than connecting.
- ☐ News and social media leave you anxious all day.
- ☐ You rarely verify information before sharing it.
- ☐ You feel like you need to keep up with every new app, trend, or device.

Technology should make life easier, not more stressful. By staying curious, thinking critically, and remembering that it's okay to ask for help, you can build confidence and make technology work for you instead of the other way around.