

# Module 1

## Traversing the tightrope of technology

### Student outcome #1: Balance in tech use

Balancing our technology use is important for our health, wellbeing and lifestyle, and it looks different for everyone.

**TASK:**

Share the mind map on 'balancing tech', with your parent, grandparent, carer or friend and brainstorm some ways you could improve your family's tech balance.

Some hints are included to spark ideas.

