

## **What Are Tech Time Circles?**

Friendly conversations about issues related to screen-time and device use. Parents, kids, friends, family and community members gather in the comfort of their homes to speak, listen and learn how best to manage screen time and the effects it is having on our wellbeing. We provide you with links to free guides to help get it going. Currently, we have 3 Tech Talk Circles, and will roll out more in the next few months:

1. [Social Media Tech Talk Circle](#)
2. [Video Games Tech Talk Circle](#)
3. [Time Tech Talk Circle](#)

## **How to Get the Conversation Started**

Welcome everyone and thank them for being there and being part of this important conversation, especially the children. Let them know that their opinions matter and will be heard. Remind the group to be considerate, especially when they don't agree with what others are saying. It's a good idea to have an item that can be passed around and held by the person speaking. This will ensure one speaker at a time and eliminate interruptions.

## **Keeping the conversation friendly and flowing**

Tell everyone all ideas and experiences are welcome, but it is important to talk with purpose and intent. Help link commonalities. If things get heated, acknowledge the concept is upsetting and remind everyone it is essential to be open and judgment-free. This is a friendly conversation meant to raise awareness about screen time, and help everyone make good, healthy choices when it comes to tech use.

## **How to wrap up the conversation**

Thank everyone for coming. Reiterate some of the key points that were made. Remind everyone to remain aware of their screen time use.