



Internet News

Lithuania's locked-down ballet and opera take to TikTok

This is a slightly uplifting story about positive internet use. Check out an artistic display from a theatre in Lithuania engaging in some friendly competition.

<https://www.reuters.com/article/us-baltic-tiktok/lithuanias-locked-down-ballet-and-opera-take-to-tiktok-idUSKBN2AI2N6>

Follow these 5 simple tips for a healthier relationship with technology

Digitaltrends' take on how to keep our relationship with the internet a bit more comfortable and positive. These are decent tips and help demystify a few things.

<https://www.digitaltrends.com/features/digital-wellbeing-tips-for-technology/>

Teens, social media use and mental health: What you really need to know

This article discusses the problematic ways in which science about social media use has been presented. It's not always as concrete as it seems, so we need to be careful about what sources we are trusting.

There are some really interesting points in this article, but it's a little dense, the most important part is the last few paragraphs.

<https://www.cnet.com/news/teens-social-media-use-and-mental-health-what-you-really-need-to-know/>

Saffron's Tips

Do Research!

The internet is a constantly changing place, new apps, websites, and services come along all the time. Not to mention new trends popular content. It's important to try and stay up to date as much as possible. Here are some resources to help you do that!

Media Smarts: Canada's Centre for Digital and Media Literacy. <https://mediasmarts.ca/>

Protect Kids Online by the Canadian Centre for Child Protection. <https://protectkidsonline.ca/app/en/>

Get Cyber Safe by the Government of Canada. <https://www.getcybersafe.gc.ca/en/home>

Check in Regularly

Make sure to keep up with kids about what is going on in their life on the internet. Ask what they like doing, make sure everything is okay, ask if they have any questions about anything.

Resources



Google Family Link is a free service that allows you to monitor and control usage on your devices and your kids devices.

It can be used to see what apps they use and for how long, lock their devices for a certain time, and get notifications about their activity.

<https://families.google.com/familylink/>

Get in touch with Saffron if you have any questions!



@saffroncentre



SAFFRON Centre Ltd.



SAFFRON Centre

publiced@saffroncentre.com

780-449-0900