Layers of **Technology** Protection

SELF-ACTUALIZATION: using tech to become best self

ESTEEM: confidence and selfrespect from living personal values and achieving goals

BELONGING: healthy relationships, support systems, online communities that teach, build, inspire

SAFETY: understanding of risks, sex education, guided technology use, filters, parental controls, physical boundaries, plan for unhealthy exposure

PHYSICAL: delayed access to technology, limited screen time, balance of healthy in-person interactions (eye contact, touch, synchronous socializing)

