HEALTH AND FAMILY LIFE-5
NOTES
Using Technology



Technology is the application of tools and methods of applying technical knowledge. Technology has always impacted human life, but today's children live in a world in which technology is changing very quickly and affecting so many areas of their lives e.g. Education: computers, internet, TV, radio, video, CD and DVD players, etc. Communication: cell phones, telephones, computers, text messages, iPods, etc. Entertainment: TV, radio, video, CD and DVD players, etc. Family Living: appliances, equipment, automobiles, etc. While no technology is good or bad in and of itself, every new technology poses moral choices. How technology is used can have a positive or negative effect on one's development.



Children need to make healthy decisions about whether to use these technologies in ways that will help them grow and develop into healthy, productive citizens Guidelines for Safe Use of Technology: - Balance the time spent in using technology with wholesome activities e.g. reading, gardening, sports, etc. - Exercise common sense to evaluate products advertised in the internet - Avoid talking to people who they don't know in chat rooms or on the internet - Use the internet for constructive purposes instead of surfing the net - Exercise precaution when viewing various technology devices e.g. imitating what athletes and super stars in magazines and on TV do. These actions can result in unhealthy behaviors and can harm the body. -Internet usage can expose you to identity theft, abductions, rape or death.

LIVEWORKSHEETS