

INSTRUCTIONS & INTRODUCTION

CYBERBALANCE

Maintaining a balance of online and offline experiences is key to enjoying a healthy and happy life. We want parents and leaders to have the resources they need to effectively guide Scouts to use technology in a way that enhances their relationships, improves their health and wellbeing, and makes them more productive.

The Wise Tech Choices program for the Boy Scouts of America is designed to address the technology challenges identified in iKeepSafe's Cyberbalance in a Digital Culture research, and pilot research surveying parents of Boy Scouts, to help families work towards cyberbalance and digital health.

SCOUT LEADERS: These materials are designed to be presented first at a pack meeting, with follow-up den meeting activities. Before the pack meeting, Cubmasters review the *Leader Guide* to learn about Cyberbalance, and print the listed handouts for distribution. The *Pack Meeting Outline* provides a step-by-step lesson and activity plan to incorporate Cyberbalance into your pack meeting. In your den meeting, Scouts sign the *Level I Internet Safety Pledge* and den leaders guide them through through the *Den Activities*.

PARENTS: Review *Balance Parent Tips* for background information and practical tips on modeling cyberbalance in your household.

You will need printed copies of:

- [Leader Guide](#)
- [Pack Meeting Outline](#)
- [Parent Tips \(1-pager & short tips-only versions available\)](#)
- [Level I Internet Safety Pledge](#)
- [Den Activities](#)

SCOUTS: With help from Scout leaders, Scouts should fulfil the following requirements.

1. Read, commit to, and sign the Level I Internet Safety Pledge.
2. Read the book and watch the movie "Faux Paw Goes to the Games"
3. Pick one of the Den Activities to play with your den or family to demonstrate what you have learned about balancing screen time.
4. Share with your family, den leader, den, or pack what you have learned.