



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

Application for Creation of Your *Balanced Technology Management Foundation Team*

Identifying Information

This information will be made available to other BTM Foundation Teams for the purpose of liaison, collaboration and research.

Organization Name –

Mailing Address – include website if applicable

Primary Contact – name and address

Goals

BTM Foundation Team goals should reflect specific problems in your respective community related to child health and academic performance.

1.

2.

3.

Balanced Technology Management Initiatives

Can choose from pre-determined list of BTM initiatives page three, or make up your own.

1.

2.

3.

Funding Required

Please detail any equipment, transportation or other costs required, and ideas for possible local funding sources.



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BTM Foundation Team Members

This information will be kept confidential and used only for communication purposes. It is suggested but not required that your BTM Foundation Team be comprised of at least one representative from each of the following six sectors: parent, teacher, health professional, government, researcher, technology production corporation.

Name	Email	Phone	Designation

Outcome Measures

It is highly recommended that your BTM Foundation Team choose one of the following outcome measures to track progress toward achievement of your goals.

- 1. Physical Health** – reduction in obesity, developmental delay, physician visits, or days absent from school.
- 2. Mental Health** – reduction in mental or behaviour diagnosis, and/or use of psychotropic medication.
- 3. Socialization** – increased participation in team sports or extracurricular activities, decreased referral to principal's office or detention, reduced expulsion from school, reduced crime.
- 4. Academic Performance** – improved grades and/or scores on provincial or state tests.

Name and signature of BTM Foundation Team Chairperson with date signed:

Sample list of *Balanced Technology Management* initiatives for each of the following six target sectors:

Parents

- Restrict technology use to 1-2 hours per day
- Read to your child every night
- Remove all technology from bedrooms
- Create sacred time without technology (meals, car, trips, before bed)

Teachers

- Restrict all use of entertainment technology
- Restrict all technology use in daycare and preschool settings
- Restrict use of education technology to one hour per day
- Access nature space at least 20 minutes per day

Health Professionals

- Restrict use of all technology in clinical settings for non-disabled children
- Mandatory use of technology screens
- Unplug – Don't Drug policy of 3 month family technology "unplug" prior to mental or behavioural diagnosis and use of psychotropic medication

Government

- Enact *Child Health Guidelines* for technology use in conjunction with researcher community
- Educate general public regarding the detrimental effects of technology use
- Legislate mandatory risk warnings on all technology products that could potentially be used by children
- Regulate video gaming industry regarding reduction of media violence

Researchers

- Determine *Child Health Guidelines* for technology use in conjunction with government agencies
- Review all existing and new technologies and determine risk of use prior to technology production corporation distribution
- Develop the *Balanced Technology Management Approval Status* for all existing and new technology categories

Technology Production Corporations

- Educate video game designers regarding child health requirements
- Create "Help" network for children with video game addiction
- Mandatory risk warnings on all technology products potentially used by children