

# The KIKI Code

## Keep it balanced

Balance screen time with other activities.

*\*Learn to forget about your phone.\**

## IRL is better

IRL (“in real life”) is better for our relationships and connections -- and for our brain health.

## Keep it respectful

If you wouldn't say something to someone's face, don't post it online.

## Intellect: use it!

*Be critical in assessing what's real and what's false. Validate facts as best you can.*

**TRUE KIDS 1**  
YOUTH MEDIA & TECHNOLOGY

*We inspire young learners and the community around them to create, communicate, and safely navigate the digital world.*