



ROCKET WELLNESS

FUELING TOMORROWS

Impact Solutions: Resources for technology and health

Follow these steps to view resources related to kids and technology

1. Log into <http://www.myimpactsolution.com>. Use "UT" as the username.
2. Scroll to the *Relationship* tile
3. Next click on *Parenting*
4. Finally, click on *Kids and Technology*. From this point you can scroll through a variety of resources.

Follow these steps to view resources on social media addiction

1. Log into <http://www.myimpactsolution.com>. Use "UT" as the username.
2. Scroll to the *Addiction Center* tile
3. Then scroll toward the bottom to *Resources*
4. Finally, scroll to *Internet/Video Game/Social Media*