



Tech Tips for Parents

- Create Technology Free ZONES at home
- Create Technology Free TIMES at home
- Involve your children in the decision-making process
- If your child already has a phone, it is okay to implement new rules.
- Model the behavior you want your child to see.
- Consistency is key.
- Apple's Screen Time and Android's digital wellbeing features will help you and your family set limits on certain apps.
- Turn off Auto play on screens
- Install Distraction- free YouTube
- Use Greyscale on phones
- Use a physical alarm clock
- End Snap Streaks
- Study with the phone in a different room.

If your child does not yet have a phone/social media:

- Consider purchasing them a "flip" phone
- Consider delaying Social Media
- Wait Until 8th Campaign - Wait until 8th Campaign
- Develop a family technology plan/contract before you introduce more technology

Esteem Builders:

- Unfollow accounts that make you feel badly about yourself
- Delete toxic apps Tik Tok, Snapchat → Use Text & WhatsApp

Consider:

- Training your algorithms
- Setting-up Screen Time limits on all apps, social media
- Turning off all notifications, except from people

Resources:

<https://www.common sense media.org/>

<https://www.internetmatters.org/>

<https://www.operationparent.org/>

<https://www.screenagersmovie.com/>

<https://childmind.org/>

<https://internetsafety101.org/>

<https://www.cyberwise.org/>

<https://www.raisingdigitalnatives.com/everyone-else-has-one-making-decisions-about-new-apps-and-devices/>

<https://devorahheitner.com/>

<https://www.fosi.org/>

<https://www.greenwichtogether.org>