

PARENT GUIDE TO SUPPORTING DIGITAL WELLNESS IN YOUTH



1. Establish Boundaries & Supervision

From birth through preschool, manage access to devices and content and observe your child's screen time. Avoid using screens as a means of soothing or regulating emotions. Implement screen-free mealtimes and limit screen time when spending time with your child.

2. Foster Media Literacy & Engagement



Involve your child in decisions about their media use as they enter grade school through the tween year. Create a shared media use agreement and develop media literacy together. Be actively involved in their online presence, model healthy behavior, and engage with them in digital activities.

3. Support Digital Management & Privacy

As your child transitions into adolescence and teen years, create or update a shared media use agreement. Support the development of digital management skills, critical decision-making, and problem-solving abilities. Respect your teen's privacy while ensuring their safety online.



4. Promote Healthy Habits & Awareness



Help your teen maintain healthy habits by ensuring they get enough sleep and discussing the dangers of distractions like cell phones while driving. Address issues such as cyberbullying, sexting, and online dating. Engage in conversations about emerging technologies, emphasizing awareness of potential risks and responsible usage.

5. Balance & Communication

Throughout all stages, seek a balance between online and offline activities, encouraging your child to connect with family and friends through video chat and other means. Maintain open communication about digital experiences, concerns, and safety measures, fostering a supportive environment for navigating the digital world.

