

DIGITAL PARENTING

(From 0 to 12)



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Author, "Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology"

Thank you so much for attending this presentation. Here are some of the resources mentioned:

- [Download](#): "Parent/Child Technology Agreement."
- [Download](#): "Digital On-Ramps" and "Is My Child Ready for Smartphone?"
- Learn more about kids and tech on the [Cyberwise Website](#).
- Sign up for the [Cyberwise Newsletter](#), sent every 2 weeks.
- "[Raising Humans in a Digital World](#)" book, [plus free discussion guide](#).
- "[Raising Humans in a Digital World](#)" book in [Spanish](#)
- "[My Students Watched a Suicide on TikTok and That's Not Okay](#)," article.
- Learn more about the [Cyber Civics curriculum](#).
- Assistive Tech Products: [Breathe](#), [Think Do](#), [Go Noodle](#), [Focus Booster](#), [Learning Ally](#).
- Cellphone Alternative: [Gabb Wireless](#)

Finally, if you have time please review this presentation.

Thanks again! Please keep in touch.

Diana Graber, Founder



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As we return to “normal,” take this opportunity to reframe how we think about technology. Listen to and be respectful of the reasons why young use tech AND model healthy tech use ourselves.



1. Stop focusing on time and instead consider what screens are being used for (to learn, to connect, to soothe?).



2. Discuss the role tech played during COVID-19 Good? (social connections, etc.); Bad? (misinformation, etc.)

Ask: *What should tech use look like now?*



3. For our youngest children (0-5), be mindful of tech use. This is an important time for face-to-face human interaction.



4. As kids get older (6-12), co-view, discuss, and be selective of their tech use. Encourage kids to respect the minimum age of use (13).



5. For teens, empower (teach) them to critically assess tech and set boundaries for themselves. Be sure your schools are teaching them these skills.



6. Discuss and create a tech-use agreements. Start here: <https://www.cyberwise.org/technology-agreement>



7. Try screen “vacations.” Discuss what life is like without screens.



8. Model healthy and balanced tech use yourself!