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comments
searches
music
favorite
TV shows
books and
movies
credit
card info
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HOW DO YOU DECIDE WHAT AND WHEN YOU SHARE?

Special Offer

email
accounts
gaming apps
academic grades
phone numbers birthday
physical an mailing address
social security number
medical and dental records
gaming info social media
email addresses
online video history
digital history
cookies
down loads
loads
favorite sports
online friends
text messages
cell phone numbers
photos uploads
video likes
comments
searches
music
favorite TV shows
books and movies
credit card info
sports and entertainment

pass words
software
app down loads
likes





HOW DO YOU DECIDE WITH WHOM YOU SHARE/PLAY?



Self Esteem

Peer Esteem

Healthy Attention

HOW DO WE FIND THE RIGHT KIND OF ATTENTION?



“It was just a joke.”

“It’s no big deal.”

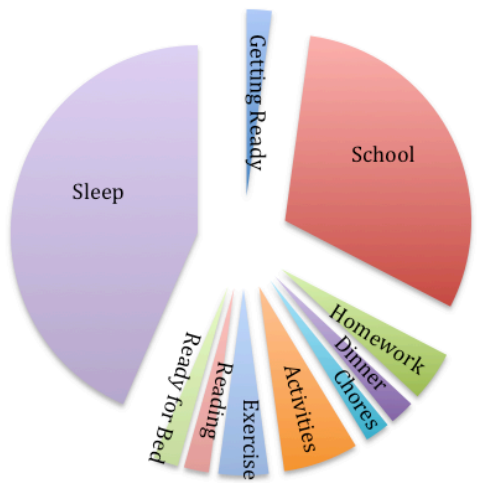
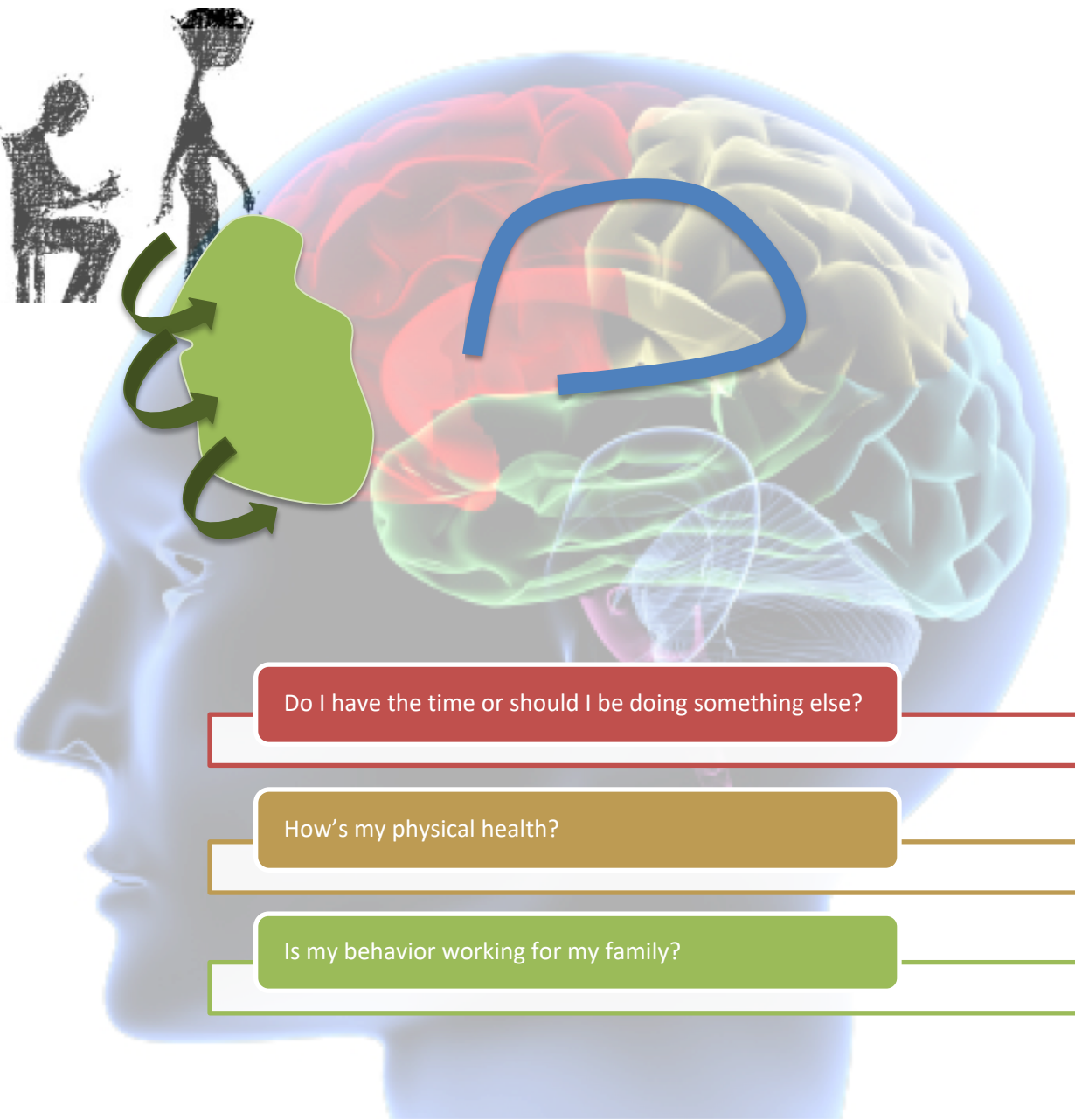
“It wouldn’t bother me.”

They’re being over-sensitive

WHAT DO I DO ABOUT THE DRAMA?

WHAT'S HEALTHY FOR YOU?





Do I have the time or should I be doing something else?

How's my physical health?

Is my behavior working for my family?

HOW DO YOU DECIDE HOW MUCH TIME?

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Weather	76	74	73	77	78	80	82
7 am	GRFS	GRFS	GRFS	GRFS	GRFS	Sleep in	Sleep in
8 am	Library day	PE	Music Instrument	PE		Sleep in	Sleep in
10 am	In school	In school	In school	In school	In school	Lainey's game	Hebrew School
12 pm	In school	In school	Short day: 12:40	In school	In school	Lunch with Elle	FREE
2 pm	In school	In school	Voice	In school	In school		FREE
3 pm	HW	FREE	FREE	FREE	Girl Scouts	Aerial	FREE
4 pm	Gymnastics	HW	HW	HW	FREE	Aerial	FREE
5 pm	FREE	Practice voice	Writers workshop	Writers workshop	FREE	Practice voice	FREE
6 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7 pm	GRFB	GRFB	GRFB	GRFB			
8 pm	Read	Read	Read	Read			Read

IT'S ALL ABOUT BALANCE...



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