

Empowering Parents, Students, & Communities to be *Digitally Healthy*

Chelsea Winterholler

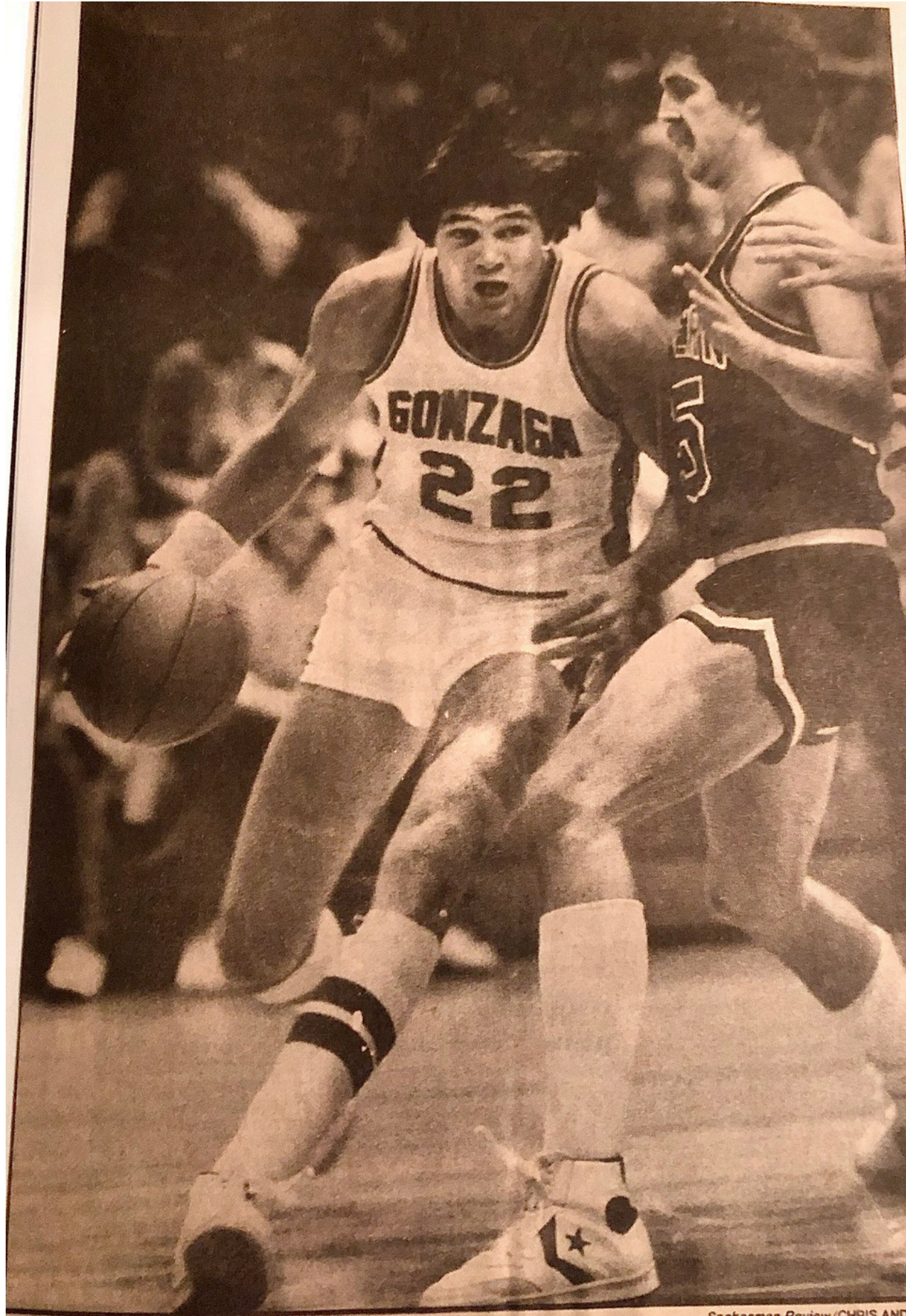
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We believe that
parents, youth,
and communities
can learn to use
technology in
healthy ways





Zigging Zag Joe Whitney tests the chest of WMC's Jim Stott. Spokesman-Review / CHRIS AND



You are the best

RESOURCE

for your child!

**Trust yourself. Trust your instincts. Trust your
intuition.**



Defeat

"I don't know how to protect them."

"They'll never listen to me anyway."

"There is too much to learn."

**A parent who feels defeated
is not effective.**



Belief

"I'm going to show up for my kids."

"I am the parent my child needs."

"I can learn and grow along with my child."

"We can learn to use tech responsibly."

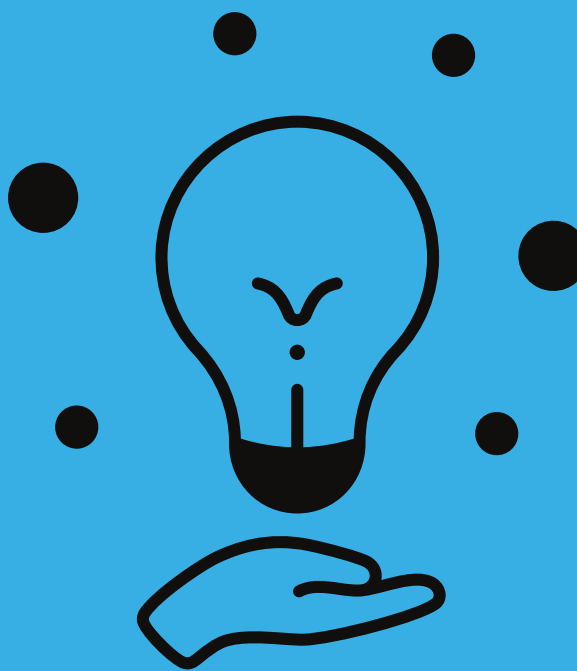
"We can figure this out together."

BELIEF FUELS EVERYTHING



You can be a
REACTIVE
parent, or a
PROACTIVE
parent





Technologies that
EDUCATE

Technologies that
HARM

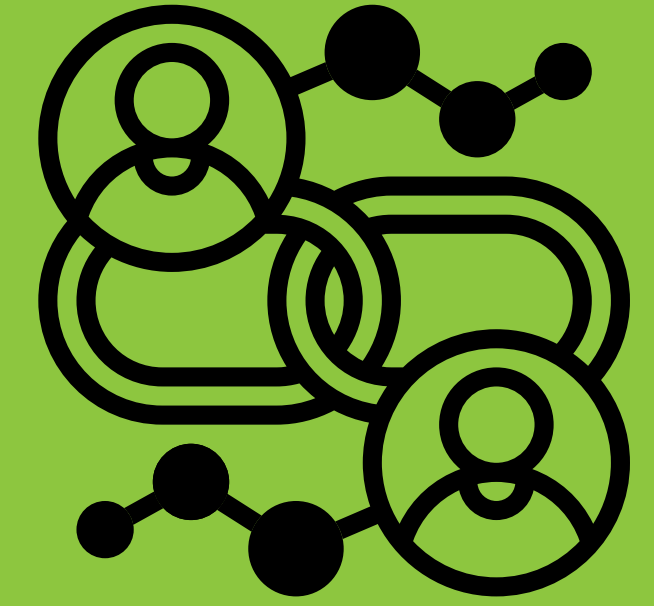


**Differences
in Technology
Use**



Technologies that
ENTERTAIN

Technologies that
CONNECT



Harms of Technology

Excessive Screen Time

Social Media

Algorithms

Pornography

Predators

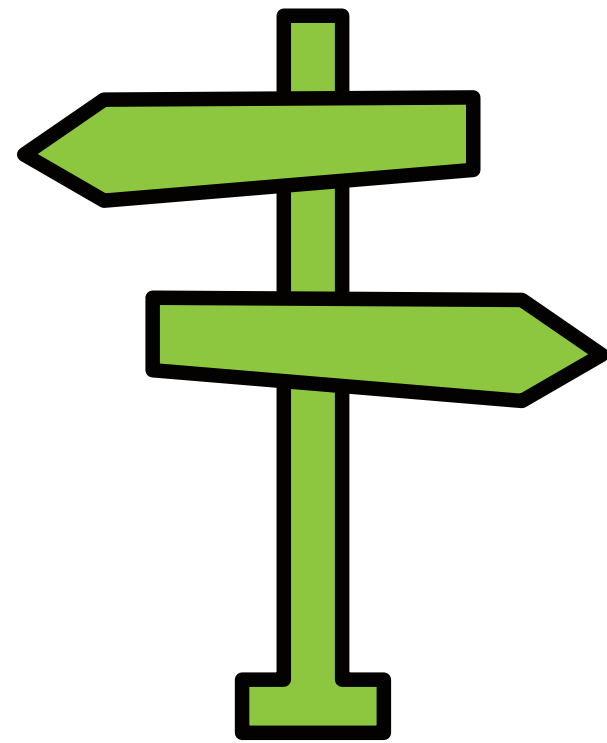
Cyberbullying

AI





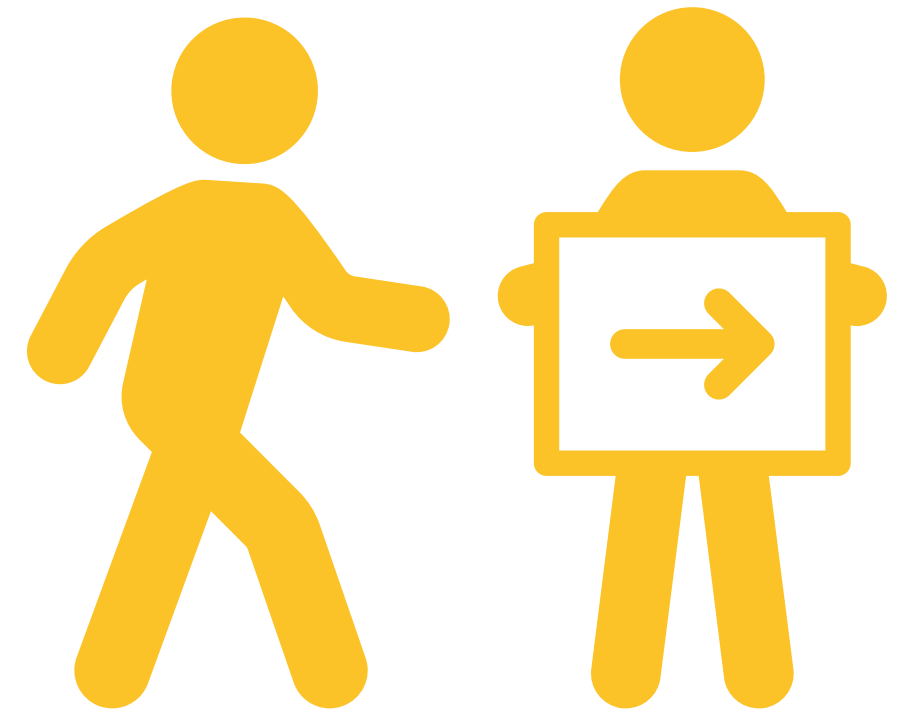
Effective digital parenting is not just about restriction but about guidance, open dialogue, and modeling healthy digital habits. A balanced approach—where parents recognize both the risks and benefits of technology—creates the best outcomes for children.^{*6}



GUIDANCE

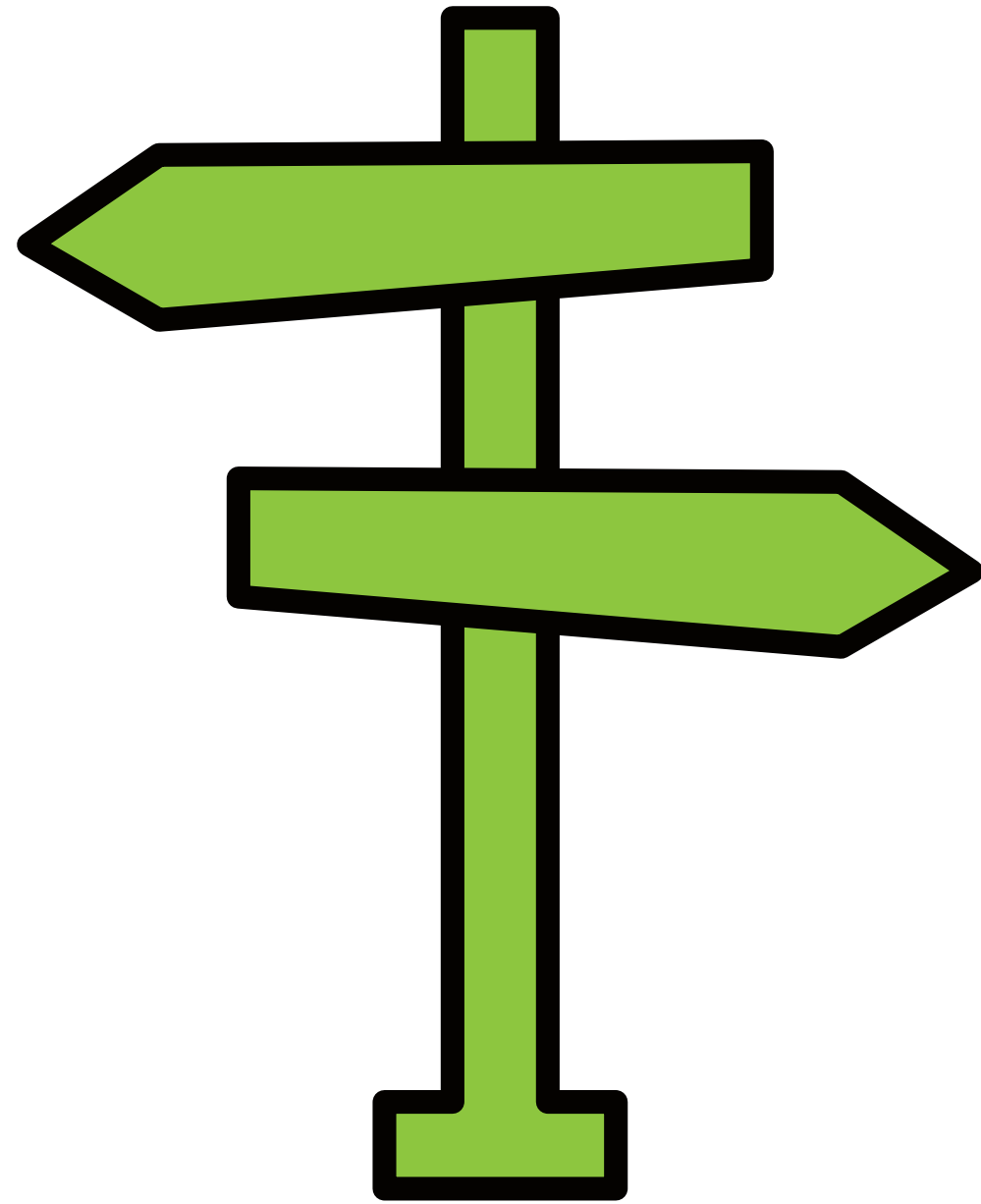


OPEN DIALOGUE



MODEL





GUIDANCE

“If you follow public health protocols, the most important protective factor is a well-resourced, well-educated parent.”

~Dr. Gail Dines



Facts Fuel Decisions

- What is ACTUALLY going on in our home?

"My kids spend 10 hours a week on games!"

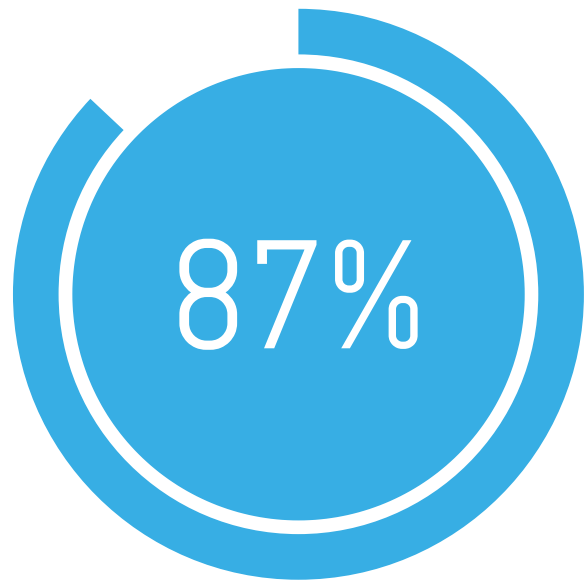
"No one cares about the rules but me!"

Is this true?

- What is ACTUALLY going on in the world?

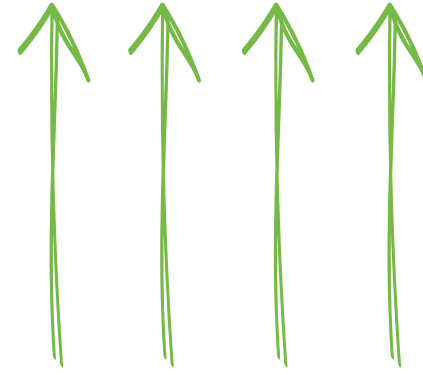
"My biggest concern about tech is..."

SCREEN TIME



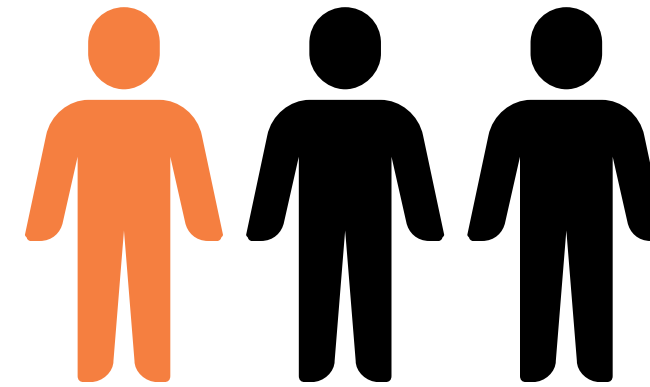
87% of children exceed the recommended daily screen time limit set by the American Academy of Pediatrics

SOCIAL MEDIA



Social media increases the risk of bullying, sexual experimentation, leads to privacy issues, sexting, internet addiction, sleep deprivation, anxiety, and depression.

CYBERBULLYING



One-third of middle and high school students have reported experiencing cyberbullying and only 40% of victims tell parents.

PORNOGRAPHY

Pornography exposure is related to lower self-esteem, poor body image, sleep disturbances, anxiety, depression, and compulsive sexual behavior.

*9,10,11



Delay use



BetterScreenTime

[About Us](#) [Start Here](#) [Online Courses](#) [100+ Screen-Free Ideas](#) [Age-Based Help](#) [Recommended Resources](#) 

Am I Ready for a Personal Device? A Self-Evaluation for Teens

We knew we needed to have a discussion with our kids about when the right time would be to get a cell phone or personal device.

After some research, we were inspired to create a list of behaviors that demonstrated emotional maturity and responsibility. As we brainstormed together, the kids helped us come up with a great list of ideas! (Tyler and I threw in our two cents as well.)

The result? A list of 12 questions for teens to ask themselves when they feel they are ready for a personal device or a cell phone.

Preschool, Ages 3-5

School-Age, Ages 6 – 9

Pre-Teen, Ages 10 – 12

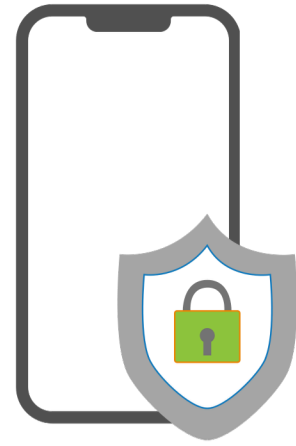
Teen, Ages 13 – 18

AM I READY FOR A PERSONAL DEVICE?

from  **BetterScreenTime**

A Self-Evaluation for Teens



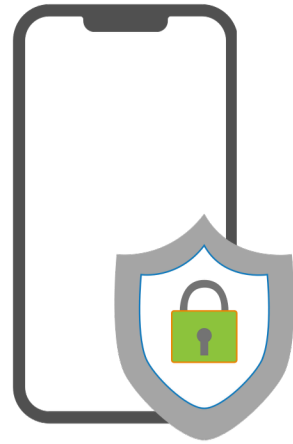


Suggested

Safe Phone Options

1 bark	2 Troomi	3 gabb	4 pinwheel	5 MMGuardian
Free Phone + \$39/mo.	Free Phone + \$19/mo.	\$149.99 + \$24.99/mo.	\$99 starting - 5 Phone Options	\$229 starting - Samsung Phone
No Social Media Talk & Text Only	No Social Media, Only Approved Contacts	No Social Media, Parent Control Contacts	No Social Media or Adult Apps	Parents can control apps
Advanced Content Monitoring	App Control & Safe Browser	Clean Music & 17 Safe Apps	Safelist & Remote Text Monitoring	Blocks calls/texts from strangers
Active GPS Tracking	Active GPS Tracking	Active GPS Tracking	Active GPS Tracking	Active GPS Tracking





Suggested

Internet Filter Options

1 bark

- Bark Home starts at \$6/mo.
- App installed on device or router filter available
- Custom Schedule & App Filtering
- Real time alerts & parenting tips

2 Qustodio by Qoria

- Basic starts at \$54.95/year
- App installed on device
- Filters content on apps & websites
- Custom time limits & routines

3 circle by Aura

- Basic starts at \$10/mo.
- App installed on device
- Filters, blocks, & monitors sites and apps
- Also has option to protect from cybercrime

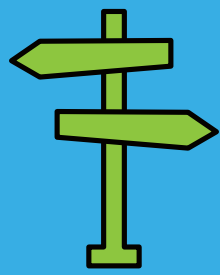
4 Net Nanny

- Family Protection Pass \$79.99/year
- App installed on device
- Dynamic, real time filtering w/ alerts
- Children's profiles to be uniquely customized

5 FamilyTime

- One child device starts at \$2.41/mo.
- App installed on device
- Smart filters, time management & GPS tracking
- TeenSafe Drive and SOS (Panic Button)





GUIDANCE

**Put devices to bed at
night and out
of bedrooms**





OPEN DIALOGUE

“Parents who actively engage in discussions about digital experiences foster trust and responsible tech use in their children.”^{*6}

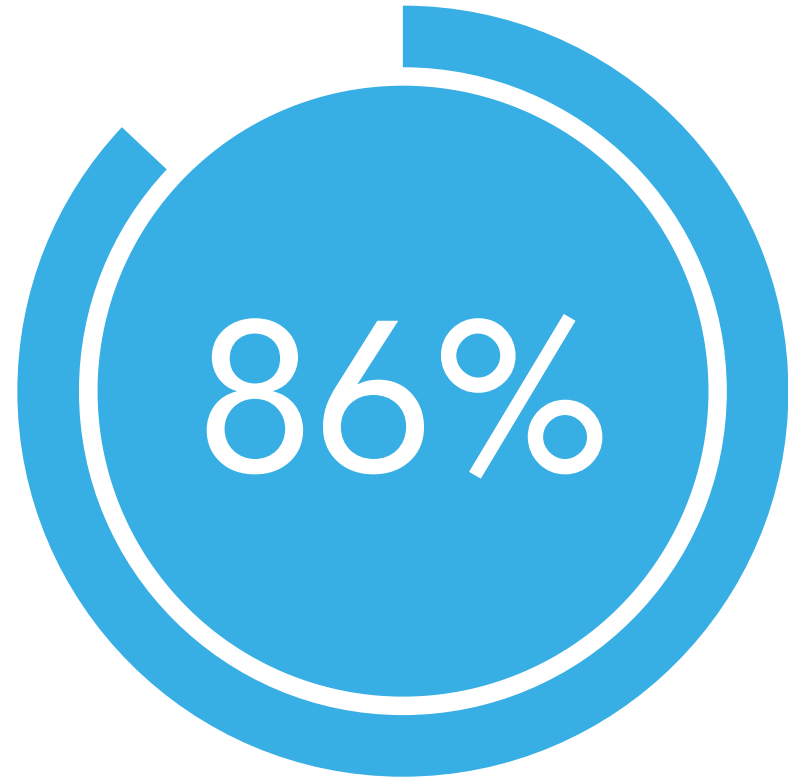


Open communication between
parents and children about technology
use leads to healthier relationships &

reduced digital risks^{*6}

cyberbullying, exposure to pornography, increased
sexual experimentation, privacy issues, sexting,
sleep deprivation, anxiety, and depression

Parental concern and behavior



of parents are
concerned about
their child's
online safety



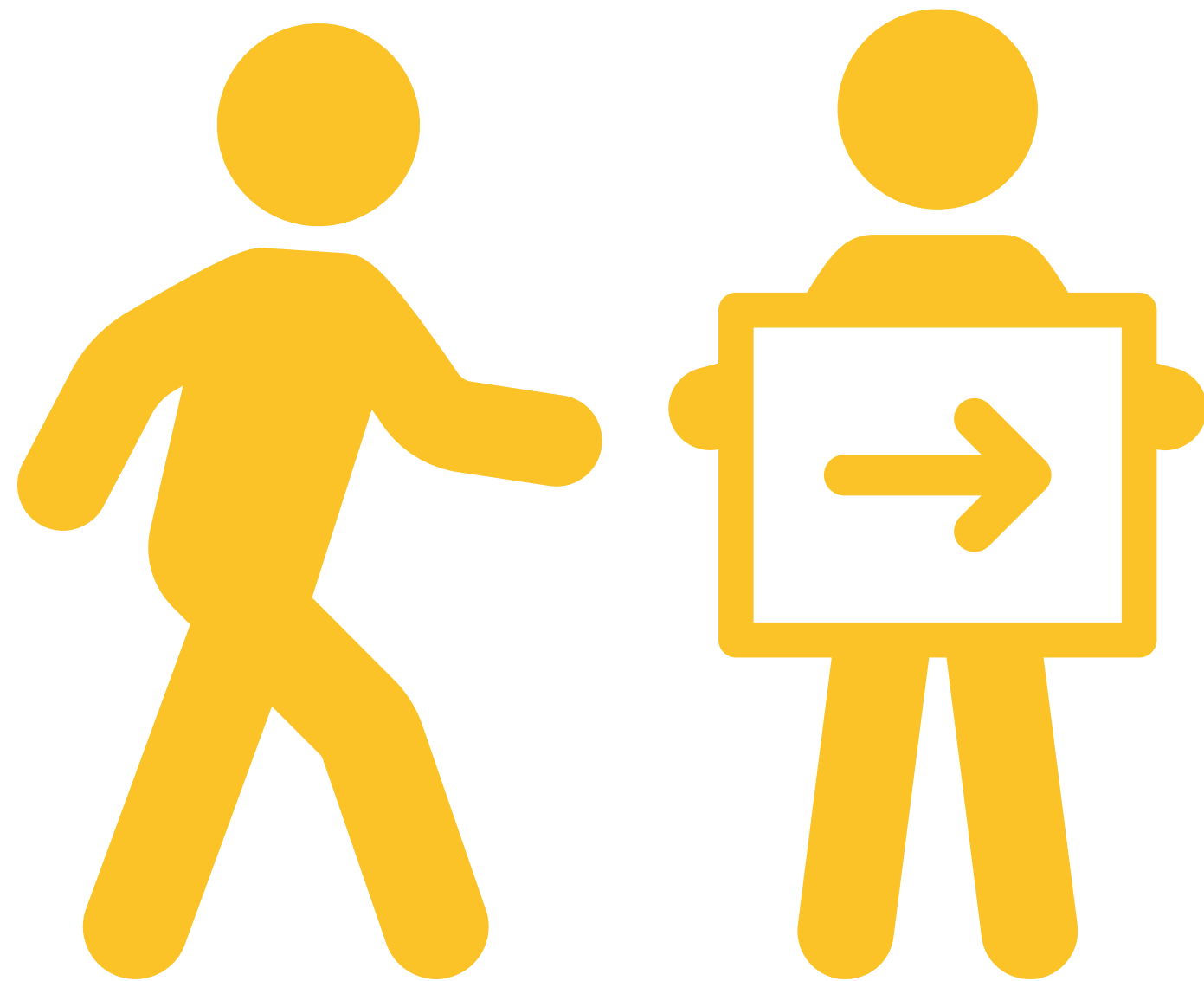
Average time
spent talking to
children about
online safety per
year^{*5}



Talk to your
kids—
anywhere,
anytime



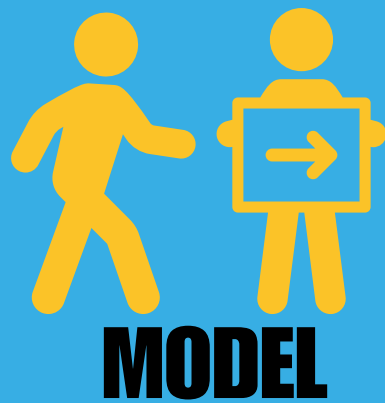
90% of Child sexual abuse websites that
were shut down in 2024 included
self generated
Child Sexual Abuse Material.*⁸



MODEL

“Parents who
model healthy
digital behavior
positively
influence their
children’s tech
use.” *9

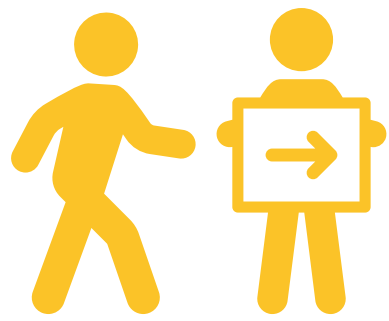




Use your own tech

intentionally





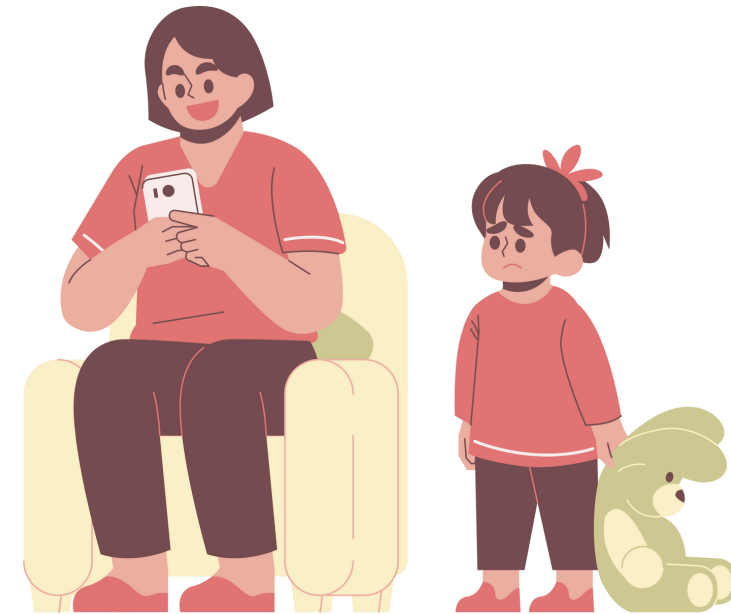
MODEL

If you...

Walk around
with earbuds
in 24/7



Talk to your kids
while your face is
in your phone



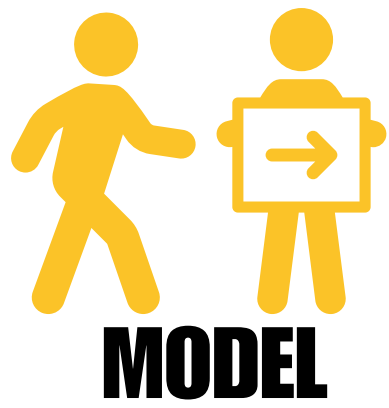
Allow screen
time to
impact your
mood



Spend all your time
arguing with people
online

Your kids will too!



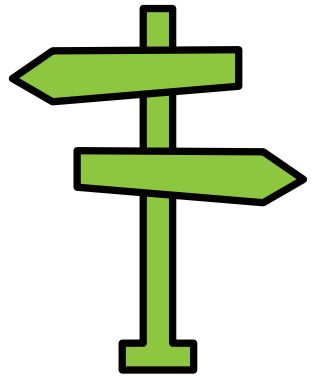


You have the opportunity to teach your kids

- to be present & value real people over screens
- to choose intentionally WHY they are getting on a screen: educate, connect, entertainment or to do harm
- to respect others' dignity by not sharing uncomfortable or objectifying images
- to be kind online



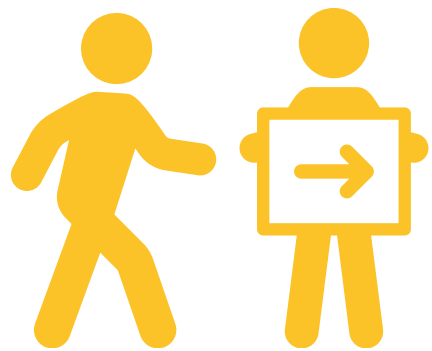
As a parent, you can:



GUIDANCE



OPEN DIALOGUE



MODEL

- Make educated decisions about your families tech use.
- Talk, talk and talk some more about tech to reduce digital risks for your children.
- Model the values around tech that you want to see reflected in your kids!



Belief!

"I'm going to show up for my kids."

"I am the parent my child needs."

"I can learn and grow along with my child."

"We can learn to use tech responsibly."

"We can figure this out together."



Parent Resources



Podcast, Tip of the week emails,
Coaching and Printables

Feedback Form



Let the Tech Committee know what
you want to see in the future

mead354.org/tech



Thank You!

Chelsea Winterholler

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BUILD AN INTERNAL FILTER



BELIEF



DECISIONS



UNITE





BELIEF





Today's Youth are Amazing!

“

Every time a kid uses a screen deliberately or chooses not to use a screen, they are strengthening their prefrontal cortex.

”





Build resilience

A study based in inner-city Philadelphia, researchers found:

“Encouraging a child with belief in their ability to overcome adversity improved school performance, lower behavioral problems, increased overall safety, and increased resilience over time.”^{*2}





DECISIONS



Build an internal filter



WHAT SHOULD
YOU DO IF YOU
SEE SOMETHING THAT
MAKES YOU FEEL
UNCOMFORTABLE OR
SCARED?

Tic Tac Toe!

**TURNTM
IT OFF**

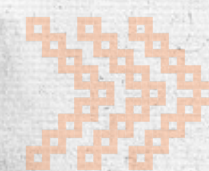
**TALKTM
TO
A TRUSTED
ADULT**

**TURNTM
TO
SOMETHING
ACTIVE**

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This resource is for educational purposes only and does not replace seeking professional mental health advice from a licensed therapist.

Before I click, swipe, post,
play or search--take

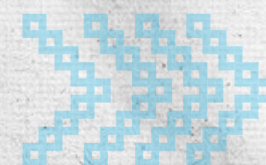
just a **S.E.C.**



1

STOP

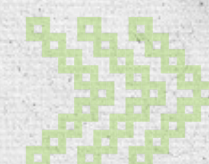
Take a deep breath. What
can I see, hear, touch, taste,
smell? Be present.



2

EVALUATE

Ask, "Does what I'm about
to do with technology
match who I really am?"



3

CHOOSE

Continue **OR** make a
different choice that **DOES**
match who I really am.

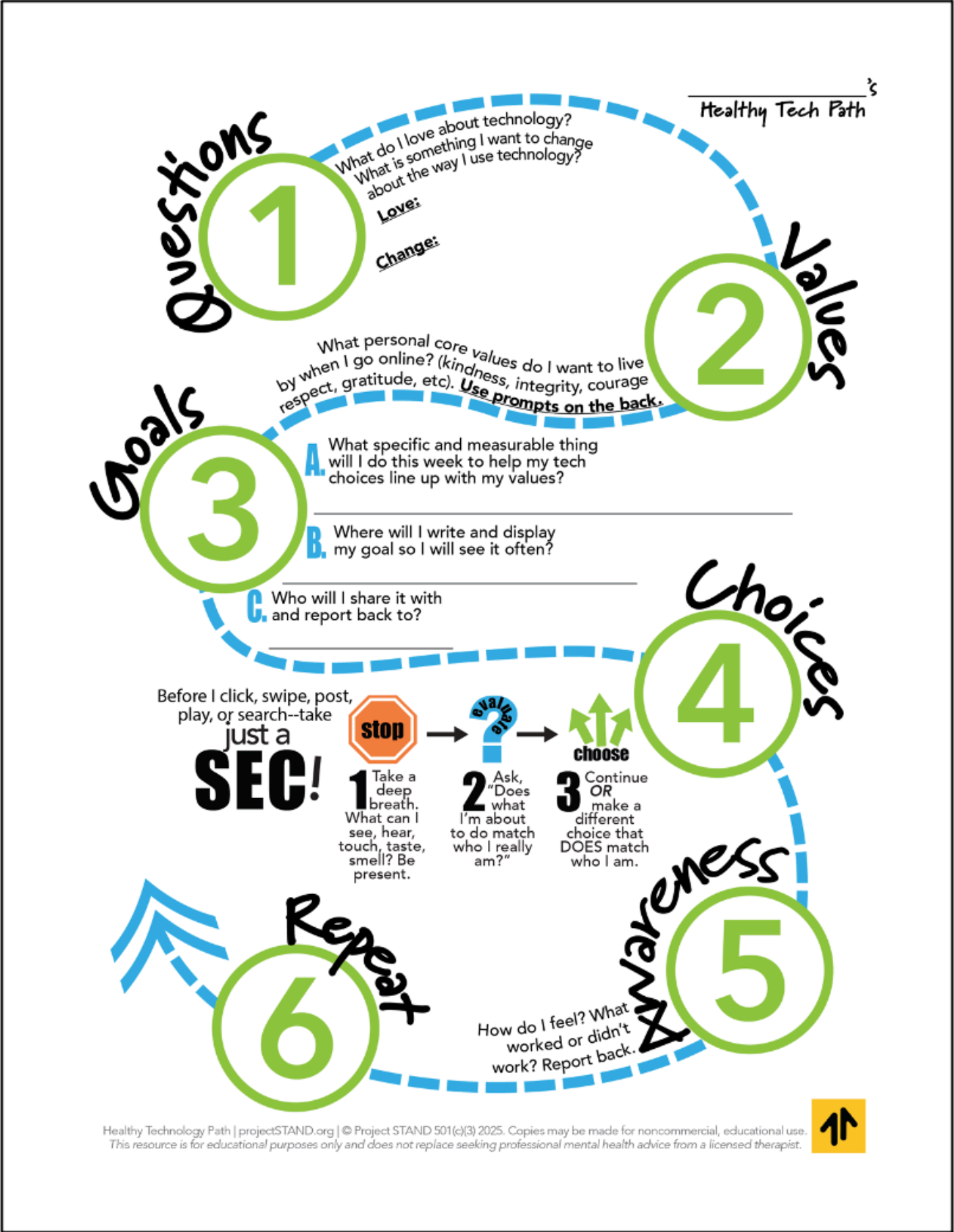


Personal Values

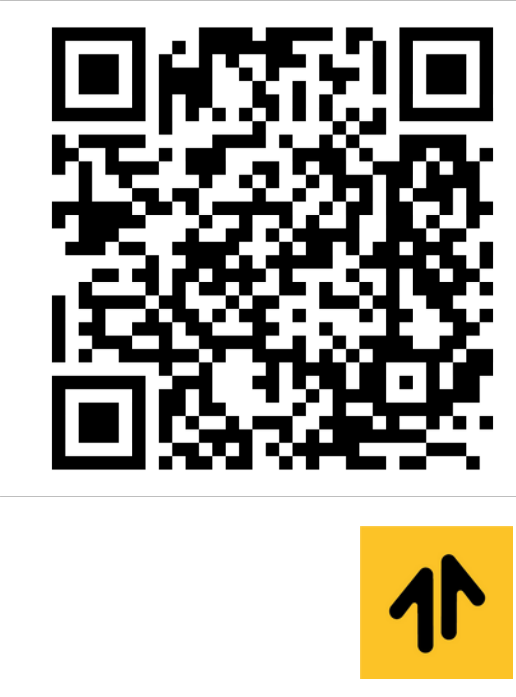
"Writing about personal values makes people more **powerful**, in **control**, **proud**, and **strong**. It also makes them feel more **loving**, **connected**, and **empathetic** towards others. It increases **pain tolerance**, enhances **self-control**, and reduces unhelpful ruminations after a stressful experience... In the long term, writing about values has been shown to **boost GPAs**, **reduce doctor visits**, **improve mental health**, **help people persevere** in the face of **discrimination**, and **reduce self-handicapping**."

~Kelly McGonigal, Psychologist

Healthy Technology Path



	My Values
	**When choosing core values, choose something that is within your control. It could be how you live with courage or integrity, your kindness, your attitude of gratitude, etc.
	What are personal values that have significant meaning for you?
	Why are these values important to you?
	What are some choices you make that are evidence of your values?
	Who is someone you know that seems to share your values?
	How can you tell?
	What else can you do to live true to your values?



Healthy Technology Path

Questions

1

What do I love about technology?
What is something I want to change
about the way I use technology?

Love:

Change:





Healthy Technology Path

●	My Values
	**When choosing core values, choose something that is within your control. It could be how you live with courage or integrity, your kindness, your attitude of gratitude, etc.
	What are personal values that have significant meaning for you?
	Why are these values important to you?
	What are some choices you make that are evidence of your values?
●	
	Who is someone you know that seems to share your values?
	How can you tell?
	What else can you do to live true to your values?
●	

Values

2

What personal core values do I want to live by when I go online? (kindness, integrity, courage, respect, gratitude, etc). **Use prompts on the back.**



Healthy Technology Path

Goals

3

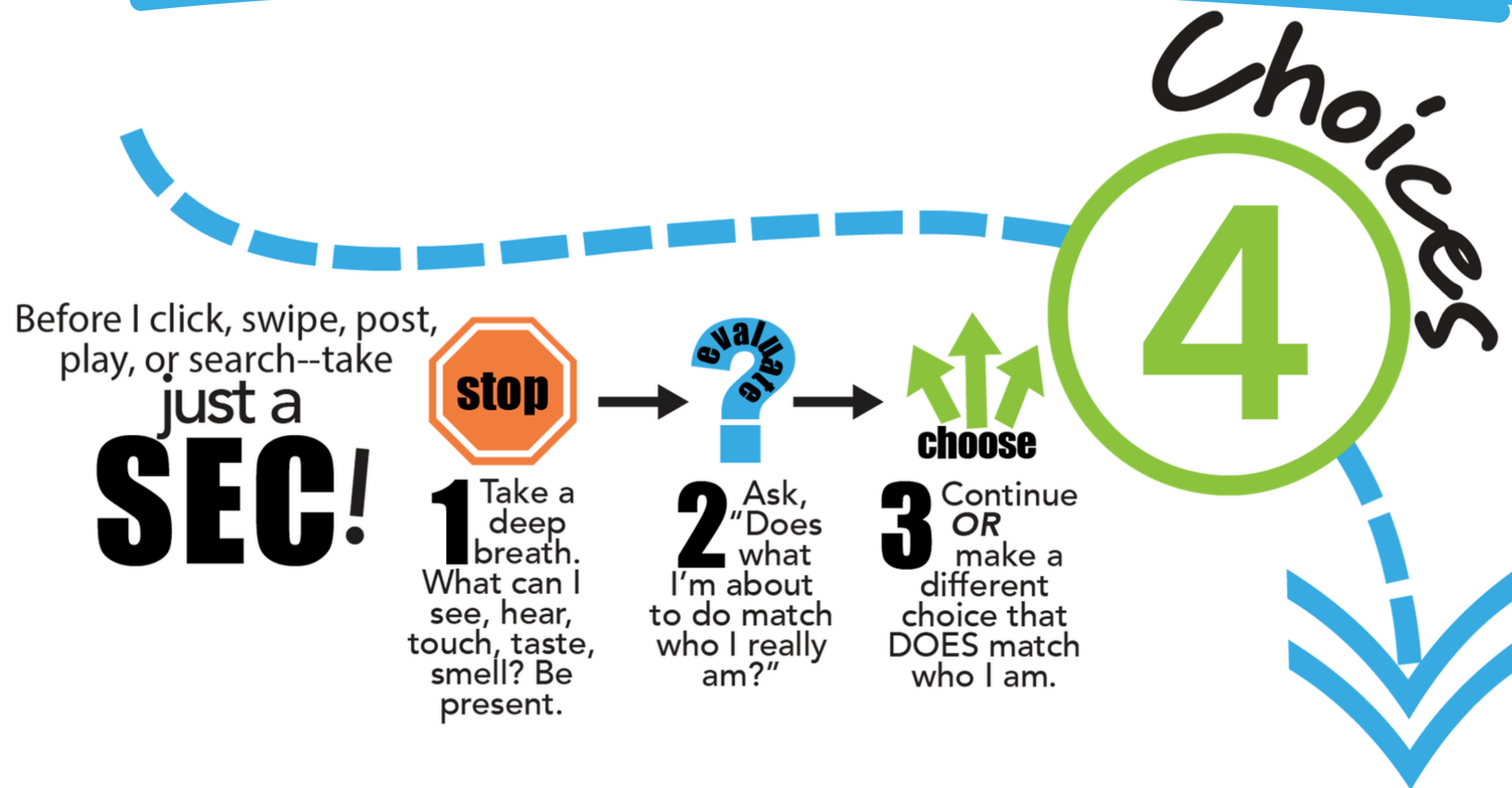
A. What specific and measurable thing will I do this week to help my tech choices line up with my values?

B. Where will I write and display my goal so I will see it often?

C. Who will I share it with and report back to?



Healthy Technology Path



Healthy Technology Path





UNITE





If your child...

Viewed
objectifying
images



Is the victim of
cyberbullying



Took a photo
of themselves
and shared it
online



Received
messages from
a stranger

How will you react?





UNITE

**When your child is faced with
an online challenge, they
need to know they can turn to
a trusted adult.**





Your child needs:

Someone to listen.

Someone to love them.

8 second hug!

You and your child are on
the same team.





UNITE

Family Focused Planning

OUR FAMILY QUEST TO HEALTHY TECH

Mapping our Plan

STEP 1 *Where are we now?*

How do we feel about our current tech use?

color one:



Tell me more: _____

What would we like to change? _____

STEP 2 *What is our goal now?*

What would a "good" day of tech use look like for our family, where everyone feels balanced and happy?

Draw or write our goal idea:

STEP 3 *Our map to reach our healthy goal:*

P What is our positive goal?
Example: No tech zones at home

L What does that look like?
Ex.: Setting a timer for tech use

A What actions will we take?
Ex.: Have a partner to check in with

N Now we have a plan!
When will we start?

 PROJECT
STAND

FAMILY SAFE TECH Contract

DATE: _____

1. How much time will we spend on screens each day? _____
2. How can we all make sure to balance our screen time with other fun things? _____
3. What time will we all stop using devices each day to make sure we get enough rest and family time? _____
4. What zones in our home are screens not allowed? _____
5. How will we remind each other to take breaks when we're using screens for a long time? _____
6. What apps or websites are not allowed for our family? _____
7. What will we do as a family if someone sees something online that makes them uncomfortable or upset? _____
8. How will we protect our privacy and personal information when we are using devices? _____
9. What will we do as a family to get back on track if we notice we're spending too much time on screens? _____
10. How can we check in with each other regularly to make sure we're all happy with our tech use and our goals? _____

FAMILY SIGNATURES:

 PROJECT
STAND





Foster Connection

- Show interests in their digital school projects
- Play on devices with them
- Comment on their character's cool outfits

**Get familiar with what your
kids do on tech to break
down barriers in your home**



Project STAND Resources



"Tip of the Week"
Receive a simple, empowering media safety.



Raising Today's Kids: A Project STAND Podcast



Parent Empowerment Speaker Series



Family Safe Tech Contract



Just a S.E.C.
A helpful reminder when going online.



Our Family Quest to Healthy Tech



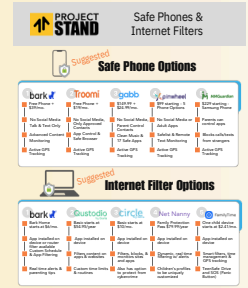
Healthy Technology Path



Digital Resilience Wheel



Layers of Technology Protection



Safe Phone and Filter suggestions

Healthy Technology Resources

Find these resources & MORE here



Other Recommended Resources



Raise
A free parenting app that helps families navigate the challenges of today's digital landscape.



Cyberbullying Research Center
Cyberbullying.org
Variety of resources for parents



Bark
Proactively monitors text messages, YouTube, emails and social networks for potential safety risks.



1-on-1 Coaching
Find Relief around tech use in your own home with 1-on-1 coaching



National Center on Sexual Exploitation
NCOSE aspires to create a culture where people are free to live without sexual abuse.



Better Screen Time
Learn strategies to address tech use with your kids.



Protect Young Eyes
Find a variety of resources, including info about setting up filters and parent controls.



Educate and Empower Kids
Offers parenting resources for teaching about digital citizenship and healthy sexuality.

Thank You!



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