GROWING UP ONLINE

SUMMER DIGITAL SAFETY SERIES

WEEK 6

RECOGNIZING RED FLAGS

Healthy digital habits start with balance.



WATCH FOR:

- **Sudden secrecy** around devices
- **Mood changes** after using screens
- **Withdrawal** from family or activities
- **Sleep** disruptions

If something feels off, start with a conversation and **reach out to a counselor if needed.**

Learn more:

newarkcityschools.org/GrowingUpOnline