



What you'll learn:

- ▶ How (and why) to set tech boundaries that stick.
- ▶ Ways to foster connection and free play in a digital age.
- ▶ Tips for managing gaming, social media, and device use without constant battles.
- ▶ How to build a family tech plan that reflects your values.
- ▶ Forming a parent group to stay updated and informed.



Raising Tech-Smart Kids: Join Us for a FREE Parent Night

BUSD middle school parents!

You're invited to a special Health-e-Habits presentation designed to **support families navigating the digital world** (devices, AI, video games, social media) with confidence.

Join us to learn actionable tips to help your family thrive in today's screen-filled world.

Attend either in-person or online:

In-Person: Wed, Nov 18 at 6:00pm

[John Muir MS: 1111 N Kenneth Road](#)

Light refreshments will be served.

Online: Tue, Dec 1 at 6:00pm

Zoom link with registration.

Both sessions will include a Q&A and a chance to connect with other parents.



health-e-habits.org

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