



Family Tech Activity Card



Record all the activities you do together this month to open the lines of communication about digital health!

Share 3 IRL activities.	Talk about brain rot - "what do you think it means? Why do you think it's called 'brain rot'?"	Talk about AI generated content.	Ask about their favorite YouTuber. What do they like about this person?
"Have you ever chatted with someone online who you didn't know in person? What did you do?"	Discuss tech and feelings.	"What games do your friends like to play?"	"What would you do?" talk.
"What are some offline things that you enjoy?"	Set a new screen-time limit.	Watch a YouTube video together.	"Do kids at school talk about crazy trends they've seen online? Have you been tempted to try them?"
Ask your child, "how do you feel when it's time to get off your screen?"	"Have you ever heard of cyberbullying? What are some ways that we can show empathy to others online?"	Talk about addiction-"when our brain tricks us into thinking we have to use something in order to be ok"	"Why do you think it's so hard to stop playing a video game?"



Family Tech Activity Card



Record all the activities you do together this month
to open the lines of communication about digital
health!



Use a screen free hour.	Show a favorite meme.	Create something fun with AI.	Discuss a viral trend.
Take a walk instead of scrolling.	Talk about an app we use.	Learn to block a post or person.	Identify misleading or misinformation.
Talk about digital footprints and what a digital citizen is.	Have you ever had to block someone on a game?	Review our screen time limits and activity on our phones.	Google ourselves.
Play a video game together.	Role play reporting scary or harmful posts or texts.	Play Google's Interland game online to learn about digital citizenship together.	Spot a scam message.



Parent-Teen Tech Activity Card



Record all the activities you do together this month to open the lines of communication about digital health!



Use a screen free hour.	Show a favorite meme.	Create something fun with AI.	Discuss a viral trend.
Take a walk instead of scrolling.	Talk about an app we use.	Learn to block a post or person.	Identify misleading or misinformation.
Share pressure or difficult situation online.	Watch a tech documentary or TedTalk.	Review our screen time limits and activity on our phones.	Google ourselves.
Play a video game together.	Role play reporting scary or harmful posts or texts.	Listen to teens thoughts and goals for their healthy digital habits.	Spot a scam message.



Parent-Teen Tech Activity Card

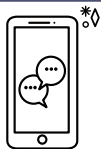


Record all the activities you do together this month to open the lines of communication about digital health!



Share 3 IRL activities.	Explore "classical conditioning" definition.	Talk about AI generated content.	Discuss a viral trend.
Talk about digital drama.	Discuss tech and feelings.	Remove old followers or posts no longer needed.	"What would you do?" talk.
Try a mindfulness app.	Set a new screen-time limit.	Watch a YouTube video together.	Create a TikTok dance together.
Ask teen to share thoughts about rise in online gaming and gambling.	Role play telling parent about a difficult mistake made online or through text.	Define addiction together.	Learn how to block or report harmful content.





Raising Digitally Smart Kids

Key Areas to Be Aware Of:

1. Online Safety:
Don't share personal info like address, school, or location.

Use strong passwords and 2-factor authentication.

2. Gambling & Gaming:

Many games simulate gambling (loot boxes, spins). Sports betting is rising among youth through apps and fantasy leagues.

Set up parental controls and talk about the risks of "easy money."

3. Digital Addiction:
Look for signs like irritability, social withdrawal, or loss of interest in hobbies.

Use tools to track screen time.
Schedule tech-free zones or hours.

4. Social Media & Mental Health:

Likes, filters, and comparisons can affect self-esteem.

Ask: "How does social media make you feel?"

Quick Tips for Parents:

- ✓ Stay curious, not controlling.
- ✓ Use tech together. Watch videos, explore apps, or play games.
- ✓ Check privacy settings as a team.
- ✓ Be the example. Your tech habits set the tone.





Raising Digitally Smart Kids



Key Areas to Be Aware Of:

5. AI & Information Awareness:

AI can generate fake images, news, or messages.

Teach teens to check sources and be skeptical of what they see online.

6. Digital Footprint: What's posted online may be permanent—even deleted posts. Google yourselves together to explore what's public.

7. Healthy Boundaries: Create tech-free zones (dinner, car rides, bedrooms). Model balanced digital habits yourself.

8. Strangers & Predators: Not everyone online is who they say they are. Encourage teens to tell you if someone makes them uncomfortable.

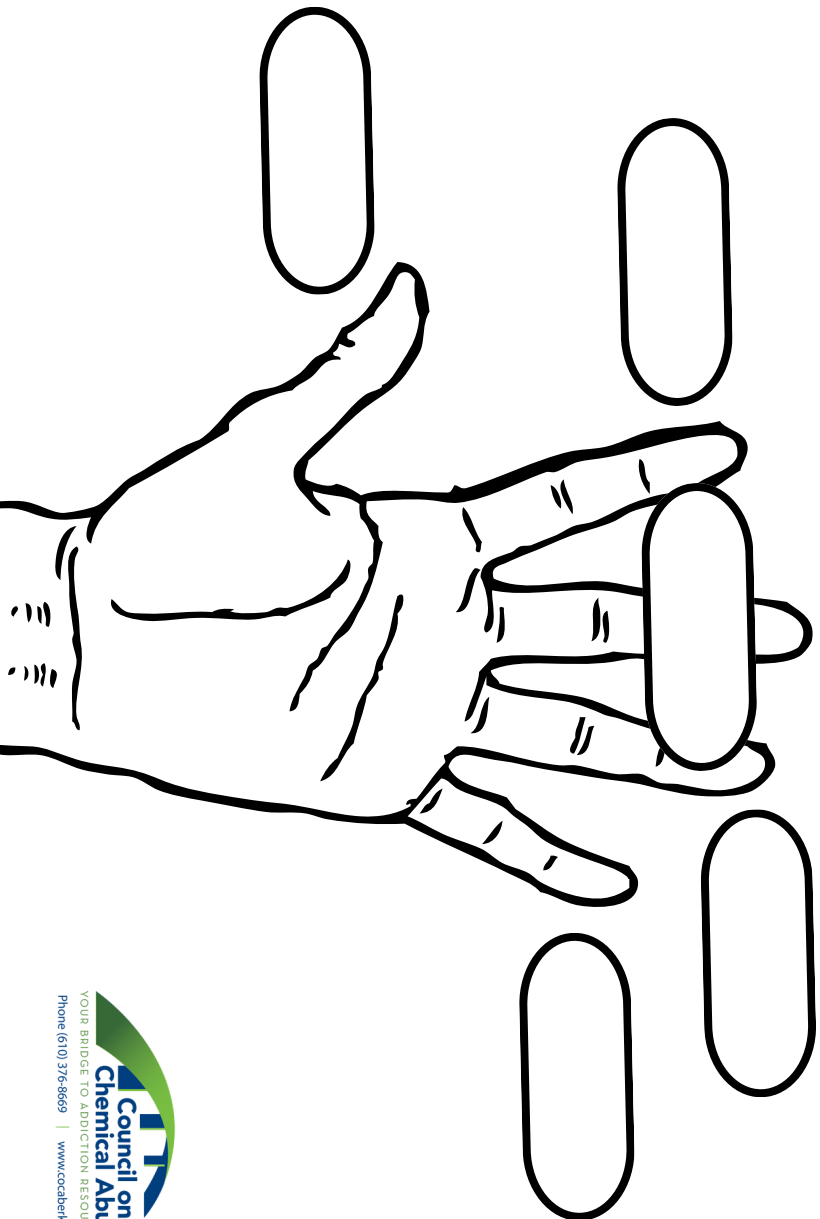


Dive Deeper: More Resources

CommonSenseMedia.org
The Anxious Generation, by
Jonathan Haidt,
anxiousgeneration.com
Bark Blog, bark.us/blog

AXIS Parenting Resources, axis.org
MissingKids.org, NetSmartz
Edutopia.org
HealthyChildren.org, En Español
Operation Parent,
operationparent.org

What's Your TAKE 5?



Raising Digitally Smart Kids

Visit our website for
more resources!

