

Digital Wellness:

Reshaping Our Cultural Approach to Technology

Resources:

bit.ly/HamptonDigitalWellness



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LIFE ONLINE:

WELLNESS IN A DIGITAL AGE

MASCD DIGITAL WELLNESS SERIES

Part 1: What is Digital Wellness?

How self-awareness and active decision making - plus a few easy modifications - can help balance your digital life.



[www.connectsafely.org/
what-is-digital-wellness/](http://www.connectsafely.org/what-is-digital-wellness/)

Apple's Family Sharing



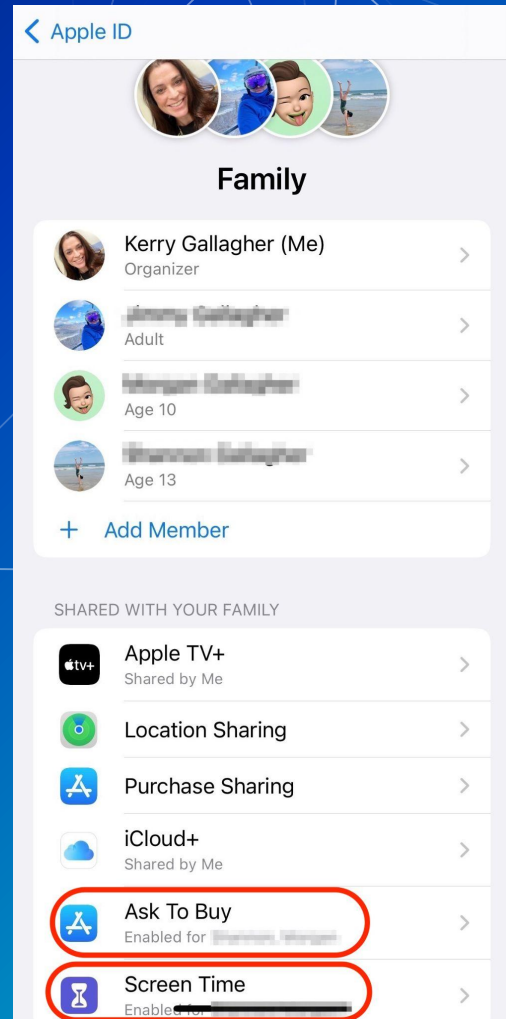
Key Features



Ask to Buy



Screen Time

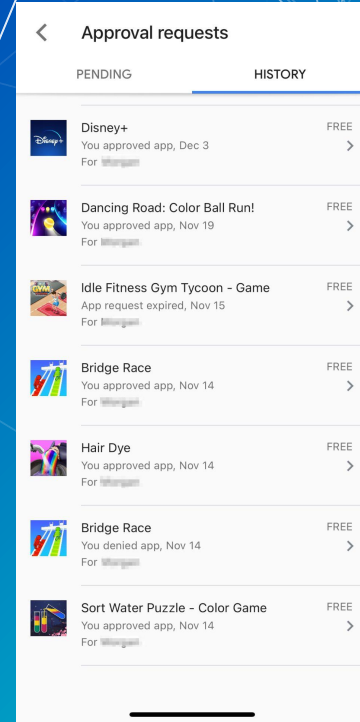
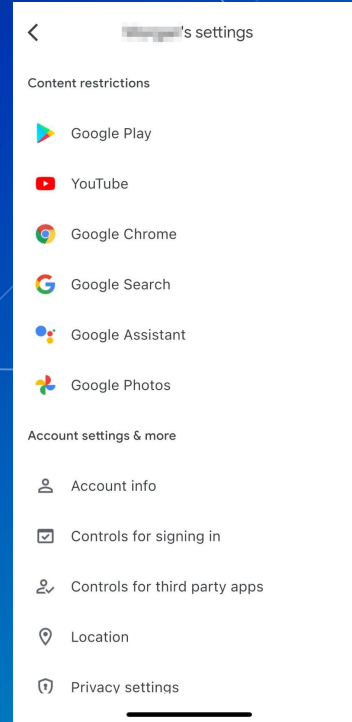
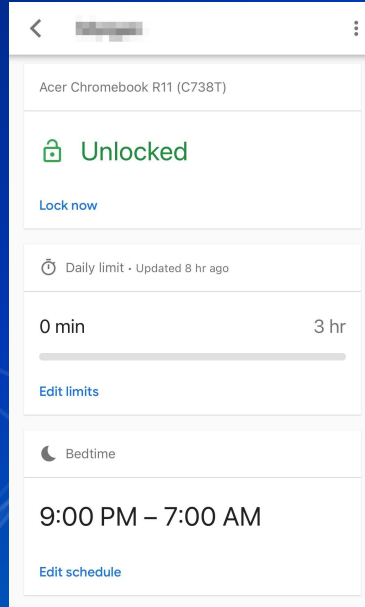
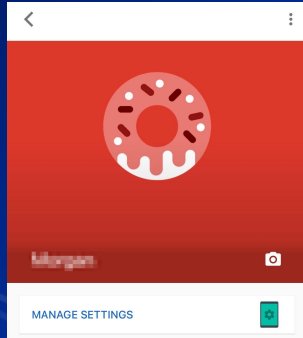


Google's Family Link



[ConnectSafely](#)
[Guide to](#)
[Family Link](#)

Key Features





THE PARENT'S GUIDE TO

EDUCATIONAL TECHNOLOGY

By Kerry Gallagher, J.D. & Larry Magid, Ed.D.

[www.connectsafely.org/
parents-guide-to-education-technology/](http://www.connectsafely.org/parents-guide-to-education-technology/)

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Strengths:

- What is your favorite way to use your devices in school? What are you good at?
- Is there a cool website, app, or video you have seen and learned about in school lately? Why do you like it?



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Strengths:

TIP: If your child mentions an app or program they really like to use, go on YouTube and look for tutorials on how to use it. You'll develop a much deeper understanding of the tool and what is possible for your child to do with that tool.

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Struggles:

- When do you tend to get distracted by technology? How can I help you avoid those distractions?
- Are there situations in school when the technology or apps are inadequate, boring, or just ineffective?
- What are some ways you see your classmates/friends misusing technology in school? What do you do/say when you see them doing that?



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Struggles:

TIP: Help your child develop the strategies and responses they need to cope with these situations. If they are prepared, they will be better able to face them.



Connectsafely
QUICK-GUIDE FOR PARENTS
TikTok

What is TikTok?
TikTok is an app that allows parents to view, create and share short videos that usually range from 15 to 60 seconds. Although you can log in at the age of 13, the app is primarily designed for teens and young adults, who are using it to look for content, make videos, share and watch content that interests them.

Is TikTok safe for kids?
To help you decide, Connectsafely has created a guide to help you decide if TikTok is appropriate for your child. It includes a list of things to look for when you decide if TikTok is appropriate for your child. It also includes a list of things to look for when you decide if TikTok is appropriate for your child.

Are TikTok videos addictive or addictive?
TikTok is addictive. It is addictive because it is designed to be addictive. It is designed to be addictive because it is designed to be addictive. It is designed to be addictive because it is designed to be addictive.

What are TikTok challenges?
TikTok challenges are challenges that can go viral and inspire others to imitate the idea and spread it further. Participating in challenges can make people feel like they are part of something bigger than themselves. It can also make people feel like they are part of something bigger than themselves.

Connectsafely
QUICK-GUIDE TO SNAPCHAT
Location Sharing

What is Snap Map?
Snap Map is a feature that allows you to see the location of your friends and family. It is a feature that allows you to see the location of your friends and family. It is a feature that allows you to see the location of your friends and family.

Help Close Friends Stay Safe with Snap Map

What can you do to help?
Location sharing is a great way to stay connected, but it can also be a risk. Here are some things you can do to help your friends stay safe when they use Snap Map.

Can I turn off location sharing?
Yes, you can turn off location sharing. Here are some things you can do to help your friends stay safe when they use Snap Map.

Connectsafely
PARENT'S QUICK-GUIDE TO
Instagram

What is Instagram?
Instagram is a social media app that allows parents to view, create and share photos and videos. It is a social media app that allows parents to view, create and share photos and videos.

Helping Your Teen Keep Perspective

What are Instagram filters?
Instagram filters are digital effects that can be applied to photos and videos. They are digital effects that can be applied to photos and videos.

What are Instagram challenges?
Instagram challenges are challenges that can go viral and inspire others to imitate the idea and spread it further. Participating in challenges can make people feel like they are part of something bigger than themselves.

Connectsafely
QUICK-GUIDE TO
Snapchat Reporting

What is Snapchat?
Snapchat is a social media app that allows parents to view, create and share photos and videos. It is a social media app that allows parents to view, create and share photos and videos.

Parents Ask: What are the Best Ways to Stay Safe on Snapchat?

What can you do to help?
Snapchat is a social media app that allows parents to view, create and share photos and videos. It is a social media app that allows parents to view, create and share photos and videos.

Connectsafely
QUICK-GUIDE TO SNAPCHAT
Wellness Resources

What is Snapchat?
Snapchat is a social media app that allows parents to view, create and share photos and videos. It is a social media app that allows parents to view, create and share photos and videos.

Parents Ask: How Can I Learn More About Snapchat?

What can you do to help?
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Connectsafely
ROBLOX
A QUICK-GUIDE FOR PARENTS

What is Roblox?
Roblox is a virtual world where users can create and play games. It is a virtual world where users can create and play games.

What kids want parents to know about Roblox

How can I help my child stay safe on Roblox?

Should my child play with people they don't know?

connectsafely.org/
allguides

Family Contracts & Pledges

There are lots of “rules” on how kids (and parents) should use the internet and mobile devices, but the most important rule is that parents and kids talk with each other. Sometimes it also helps to agree to a set of criteria. Here are pledges that kids, teens and parents can agree on. They can be printed out and signed by both parties.

Children's Pledge

Teen's Pledge

Parent's Pledge

Family Contract for Smartphone Use

[connectsafely.org/
contracts](https://connectsafely.org/contracts)

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