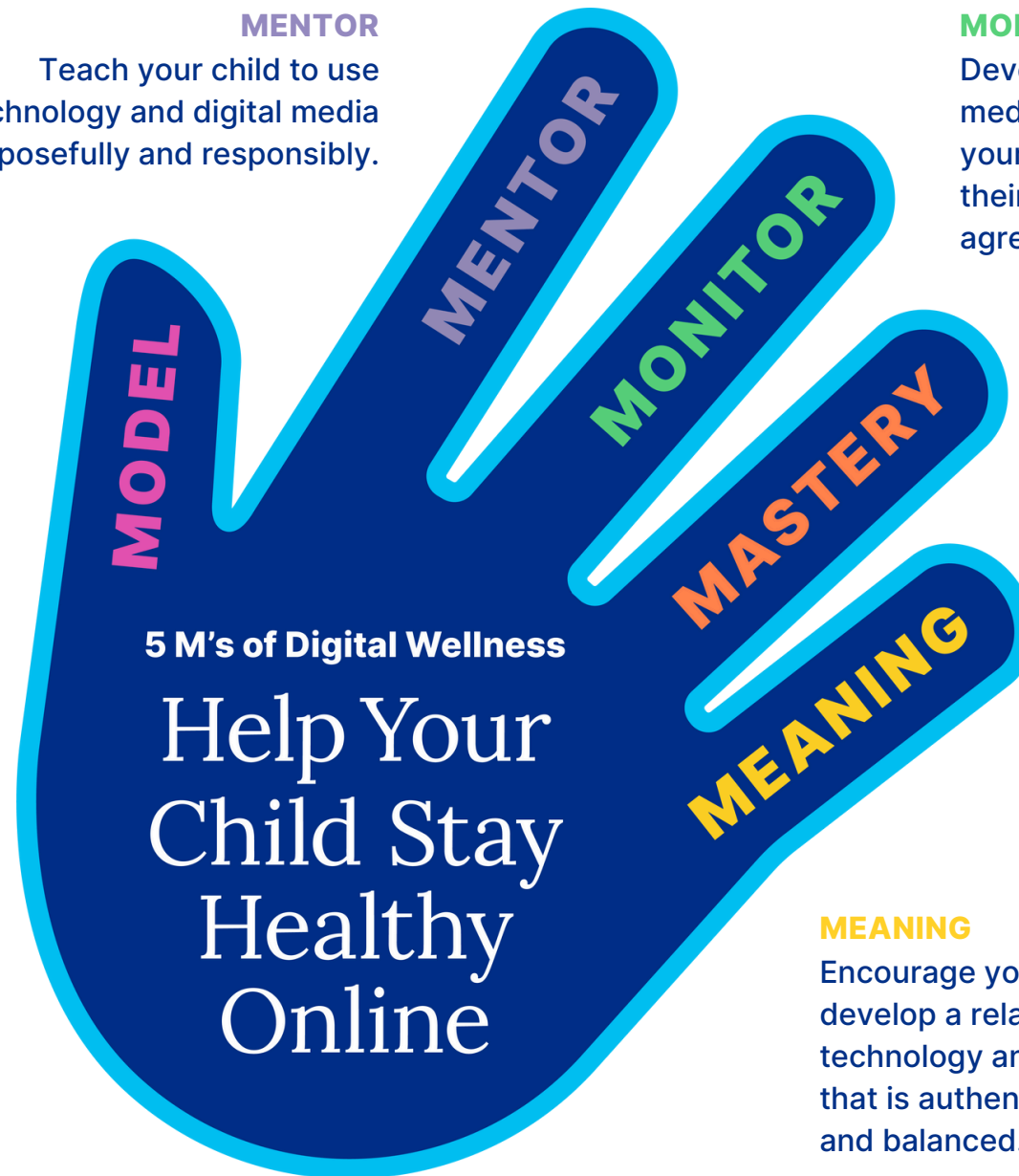


MENTOR
Teach your child to use technology and digital media purposefully and responsibly.

MONITOR
Develop ongoing shared media use agreements with your child, actively observe their behaviors, and enforce agreements consistently.

MODEL
Set a good example by behaving the way you want your child to, both online and off.

MASTERY
Empower your child to achieve agency and independence by helping them make healthy choices and recover from mistakes.



MEANING
Encourage your child to develop a relationship with technology and digital media that is authentic, intentional, and balanced.

