

MENTOR

Empower and teach your child to use technology and digital media in a healthy and responsible way.

MONITOR

Create a media use agreement with your child, actively observe their behaviors, and enforce boundaries consistently.

MODEL

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

MASTERY

Help your child achieve agency and independence by helping them to make intentional choices and recover from their mistakes.



MEMORIES

Make it a priority to spend uninterrupted technology-free time with your child.