I DON’T KNOW HOW TO NAVIGATE MY CHILD’S USE OF TECHNOLOGY

Webinar Resources

REPLAY LINK: HTTPS://VIMEO.COM/883013225

Online behavior and mental health
https://mhanational.org/youth-tech/online-behavior-text
https://mhanational.org/youth-tech/protecting-child-online

Things to do without technology
https://themodernparent.net/50-things-to-do-without-technology-and-screens/

A guide to parental controls
https://connectsafely.org/controls/

Support
988 Suicide & Crisis Lifeline
Call or text 988 or chat 988lifeline.org.
SAMHSA's National Helpline
1-800-662-HELP (4357)

“I Don’t Know How” Webinar Series
"How do I Prioritize my Mental Health while Parenting”
"I Don't Know How to Talk to My Child About Being Safe Online"
"I Don’t Know How to Support My Child through Loss”

More webinars available at: https://reachinstitute.asu.edu/parenting-exchange