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-behaviory text

https://mhanational.org/youth-tech/protecting-child-onlinet

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