

I DON'T KNOW HOW TO SUPPORT YOUTH WHILE LIVING IN A DIGITAL WORLD

WEBINAR TIP SHEET

REPLAY LINK: [HTTPS://VIMEO.COM/936328444](https://vimeo.com/936328444)

Model Family Behavior

Set your own limits and practice disengaging yourself from your phone to model what you would like to see from your children. Set family expectations such as no phones at dinner, storing phones outside bedrooms overnight or completing homework in an open area of the home.



Use a collaborative approach

Social media is a lifeline for many kids and teens especially those in marginalized groups. Have an open dialog with your kids on their technology usage. Ask for their input on how to mitigate harmful activities and set healthy boundaries. Make a habit out of family connection to make conversations easier.



Regulate your emotions

It's completely normal when you see scary things such as bullying or inappropriate sexual content online to become upset. Give yourself some space and time to regulate your emotions before talking to your kids on sensitive topics. This helps keep conversations productive.



Be aware of signs of distress

The comparisons that happen online can increase insecurities and anxieties. Be aware of changes in your child's behavior, appetite and ways of dressing. Remember that distress may look like irritability or aggression instead of crying or withdrawal. Trust your instincts if you feel your child is in crisis and seek professional help if needed.

