

PARENT WORKSHOP: DIGITAL HEALTH



HEART & MIND
TEACHING

ELEMENTARY LEVEL- EDITABLE

UNDERSTANDING DIGITAL HEALTH IN KIDS AND HOW TO HELP

Common Digital Health Challenges in Childhood

- Increased anxiety and comparison
- Reduced attention span and focus
- Exposure to inappropriate content
- Online exclusion or cyberbullying
- Difficulty unplugging or regulating use
- Less physical movement and outdoor play

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CHALLENGES

WHAT HELPS/HURTS

RESOURCES & SUPPORT

EDITABLE PARENT PRESENTATION

- MAKE IT YOUR OWN!

CHALLENGE

Anxiety & Comparison

- Children compare themselves to what they see online.
- Social media often shows "highlight reels," not real life.
- Comparison can lower self-esteem and increase worry.
- Younger children struggle to separate fantasy from reality.

Most social media platforms are 13+, but it is strongly recommended to protect youth mental health by waiting until age 16 for social media and high school for a smartphone.

*Gaming platforms often include chat features.

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"Likes, followers, and comparison loops activate reward systems that heighten insecurity, anxiety, and self-consciousness, especially in girls".
-"The Anxious Generation" by Jonathan Haidt

PREVIEW THE POWERPOINT

What Parents Can Do Anxiety & Comparison

- Talk openly about how social media shows "highlight reels," not real life.
- Ask: "How does that make you feel?" instead of dismissing comparison.
- Encourage real-life friendships and activities that build confidence.
- Praise effort, character, and kindness — not appearance or popularity.
- Model healthy self-talk about your own body and life.

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PREVIEW THE POWERPOINT

CHALLENGE

Difficulty Unplugging

- Young children lack strong self-control skills.
- Screens activate the brain's reward system.
- Meltdowns may occur when devices are removed.
- Consistent limits reduce power struggles.

Set clear, predictable rules:
"You have 30 minutes."
"When the timer rings, we turn it off."

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PREVIEW THE POWERPOINT

Helping Kids Game Safely

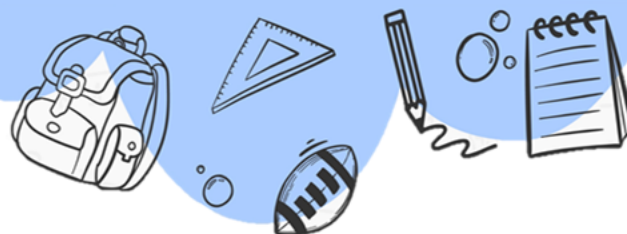
- Online gaming is one of the most common ways kids connect digitally.
- Games can be social, creative, and fun.
- Many games include chat features and online players, which means:
 - Exposure to strangers in multiplayer games
 - Unmoderated chat or voice communication
 - Inappropriate language or behavior
- Online gaming also includes these challenges:
 - Pressure to make in-game purchases
 - Difficulty stopping play



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PREVIEW THE POWERPOINT

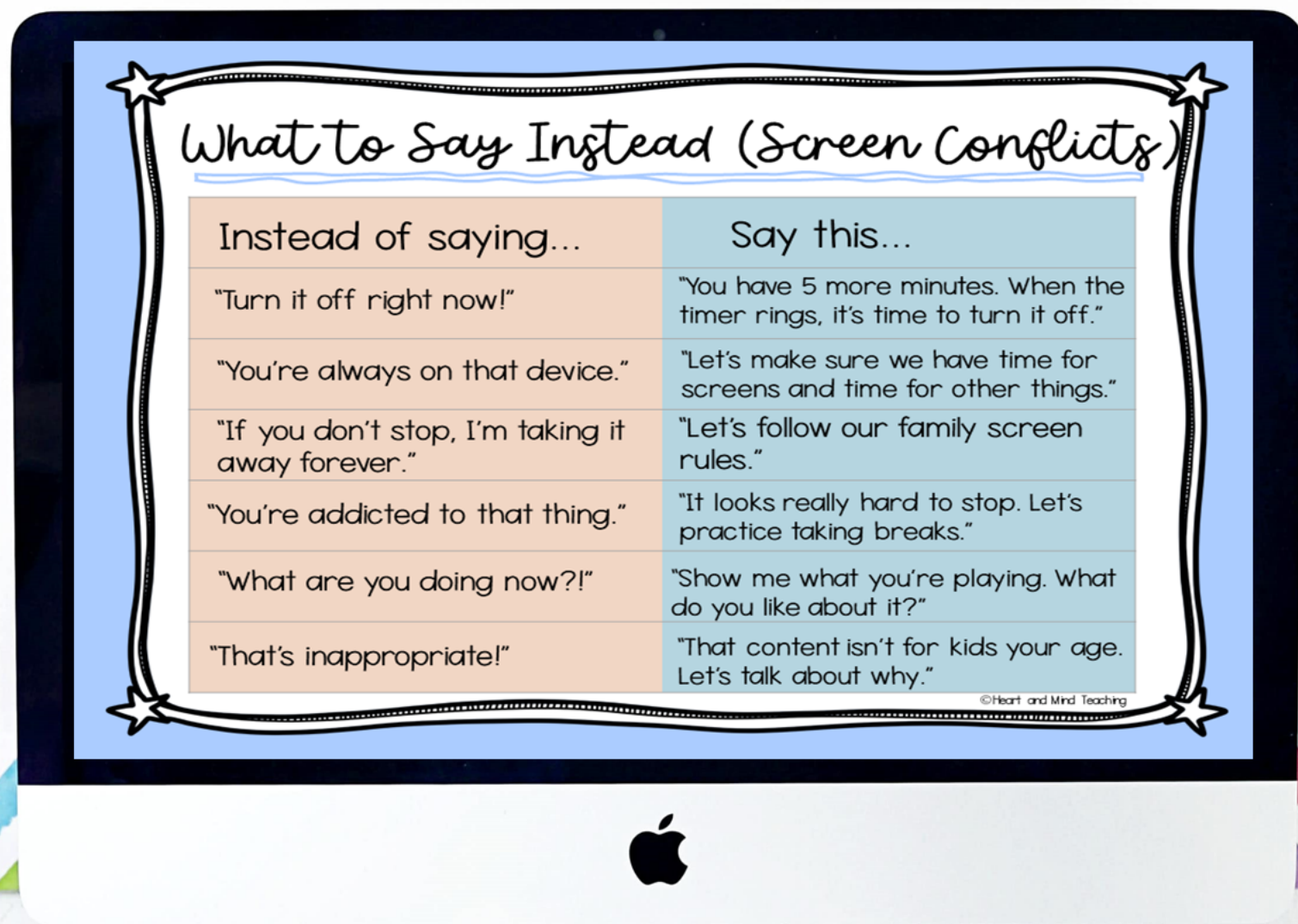
What Helps vs. What Hurts



What Helps	What Hurts
Setting clear, consistent screen limits	Changing rules daily or giving in during meltdowns
Creating screen-free times (meals, before bed)	Screens during every transition or quiet moment
Modeling healthy phone use as a parent	Constant adult phone use during family time
Using timers and predictable routines	Sudden shutdowns with no warning
Co-viewing and discussing content	Ignoring what your child is watching or playing
Encouraging offline hobbies and play	Letting screens replace movement and social interaction

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PREVIEW THE POWERPOINT



EVERYDAY EXAMPLES THAT PARENTS CAN ACTUALLY USE!

INCLUDED: PRESENTER SCRIPT WORKSHOP FLYER

Presenter Script

Slide 1: Welcome! We're going to talk about something nearly every parent is navigating right now: technology, screen time, social media, and online gaming. Technology is part of our children's lives, and it's not going away. This workshop is about helping parents feel more confident in guiding their children toward healthy digital habits.

Slide 2: Digital health refers to the way technology affects children's mental health, emotional development, sleep, focus, and guidance to learn how to use technology now will shape how they interact with it.

Slide 3: While technology has benefits with heavy or unstructured screen use, these and talk about what parents or

Slide 4: Even elementary students can may see filtered images, exciting virtual life. At this age, children don't always edit or stage. Most social media to protect youth mental health by way for a smartphone.

Slide 5: One of the biggest things parents online. Help your child understand that Social media often shows highlights, hobbies, and activities also helps child based on online feedback.

Slide 6: Many apps and videos are designed when children spend long periods will pace. Then reading, classroom learning doesn't mean screens are bad — it's reading help strengthen focus muscles.

Supporting your child's Digital Health

- No Social media before 16 years old, no smartphones before high school.
- Talk openly about how social media shows "highlight reels," not real life.
- Limit long stretches of fast-paced content.
- Use parental controls, but don't rely on them alone.
- Periodically review apps and privacy settings together.
- Keep devices in shared spaces when possible.
- Teach children to close apps and tell an adult if something feels wrong.
- Teach children not to respond when upset.
- Encourage reporting of unkind behavior.
- Monitor group chats and gaming platforms.
- 1-2 hours of recreational screen time per day (AAP guideline).
- No screens 1 hour before bed.
- Keep devices out of bedrooms at night.
- At least 60 minutes of daily movement.
- Schedule outdoor time before screen time.
- Make movement a family activity (walk, bike).
- Use timers and give 5-minute warnings.
- Keep daily screen limits consistent.

"The two big mistakes we've made: overprotecting children in the real world (where they need to learn from vast amounts of direct experience) and underprotecting them online (where they are particularly vulnerable during puberty)."
—Jonathan Haidt
"The Anxious Generation"

Check-In Challenge

Goal: Build regular emotional communication and awareness at home.
Instructions: Pick a regular time (like dinner, bedtime, or Sunday evening).

Ask each family member:

- "What are your favorite things to do on screens?"
- "What are some fun things we like to do that?"
- "How do you feel after being on screens for?"
- "What tech rule do you think is most important?"
- "What did we learn about our screen habits?"

Conversation Starters

- "What do you like about that app or game?"
- "Has anything online ever made you uncomfortable?"
- "What should you do if someone is unkind?"
- "How did that make you feel?"
- "If you could design your own app, what would it do?"
- "What do you think makes something popular?"
- "Do you think you're in control of your screen time?"

Screen Reset Challenge

Purpose: Short-term reset to

- Day 1: Set limits
- Day 2: Move devices out of bedrooms
- Day 3: 60 minutes outdoor activity
- Day 4: Screen-free dinner
- Day 5: Family game night
- Day 6: Teach digital kindness
- Day 7: Family reflection

Family Digital Health Check-in

A 5-minute reflection to strengthen communication and increase digital and mental health.

- What matters most to us?
- Protecting sleep
 - Encouraging outdoor play
 - Limiting social media exposure
 - Reducing meltdowns over devices
 - Improving focus and homework time
 - Strengthening family connection
 - Other: _____

Our Daily Screen Plan
Recreational screen limit per day: _____
Screen-free times in our home: _____
Devices are stored at night in: _____
Our Family Rules

If rules are broken, we will respond by:

- Replacement Activities
When we reduce screen time, we will replace it with:
- Outdoor play
 - Board games
 - Reading together
 - Art or building projects
 - Family walks
 - Helping cook
 - Other: _____

Parent Workshop Digital Health

Join us for an engaging, practical workshop designed to help parents guide their children toward healthy, balanced technology habits.

What You'll Learn:

- ✓ How screen time affects children.
- ✓ Healthy screen time guidelines for elementary-age children.
- ✓ Common digital health challenges kids experience.
- ✓ How to set clear and consistent screen boundaries.
- ✓ What to say during screen time conflicts.

Event Details

Date: Insert date here
Time: Insert time here
Location: Insert school name and room location
Presented by: Your Name, School Counselor
Contact info: Your phone/email

What Helps	What Hurts
Consistent rules	Changing rules daily or giving in during meltdowns
Transitions	Screens during every transition or quiet moment
Boundaries	Constant adult phone use during family time
Warnings	Sudden shutdowns with no warning
Engagement	Ignoring what your child is watching or playing
Interaction	Letting screens replace movement and social interaction

PARENT TAKE HOMES:

-FAMILY CHECK IN

-SUPPORTING YOUR CHILD'S DIGITAL HEALTH

-FOLLOW UP ACTIVITIES