

MENTOR, NOT MONITOR

A Family Technology Check-In

Healthy technology habits grow through trust, conversation, and clear boundaries - not fear. Use this check-in to talk with your child about what is going well, what feels hard, and what support they need.

1 START WITH CONNECTION

- What is feeling good online right now?
- What has felt stressful or annoying lately?
- Do you ever feel pressure to respond right away?
- Is there anything online you wish adults understood better?

2 CHECK IN ON THESE AREAS

- ☐ Sleep and nighttime phone use
- ☐ Group chats and texting pressure
- ☐ Social media and comparison
- ☐ Gaming and communication
- ☐ Privacy and sharing
- ☐ When to ask for help

3 OUR FAMILY AGREEMENTS

- Phones sleep: _____
- During family time we will: _____
- If something online feels mean, unsafe, or confusing, I will: _____
- Before posting or replying when upset, I will: _____
- One boundary we want to strengthen is: _____

4 MENTOR, NOT MONITOR MEANS...

- ☒ Stay curious before jumping to conclusions.
- ☒ Build trust before correction.
- ☒ Use calm check-ins, not surprise investigations.
- ☒ Focus on safety, honesty, and communication.



REMEMBER

- Connection opens the door.
- Consistency builds trust.
- Calm conversations work better than control.



Mentoring With Heart ♥

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