

A NEW AGE OF PARENTING: ONLINE TIPS

Many adolescents spending more than seven hours a day consuming media struggle with the ability to recognize other people's emotions (ISTE, 2014).

USE EMPATHY TO COUNTER CYBERBULLYING

1. Expand the circle of caring
2. Engage students
3. Convert bystanders
4. Create up-standers

Read more at: www.iste.org

ELECTRONIC SCREEN SYNDROME

Screen time shifts the nervous system into fight-or-flight mode which leads to dysregulation of various biological systems.

(Psychology Today, 2012)

TIME MANAGEMENT APPS YOU CAN USE

unGlue

Moment

Pocket Points

OurPact

Screen Time

Circle with Disney

Curbi