JOIN US

Connected Caregivers: Keeping Kids Safe, Happy, and Healthy in a Digital Age

We invite our community, parents, and caregivers to join us for this three-part series focused on promoting a safe and positive digital life for our kids.

SESSION 1

LEARNING WITH TECH

What is a Connected Caregiver? Let’s face it, even the most in-tune adults have legitimate fears and concerns about keeping up with the fast-changing digital landscape. In this session, we offer tips about what you can do to support responsible media use with kids, and explore some of the potential benefits of raising media-savvy consumers and creators. This session will focus on:

- Managing screen time
- Motivating kids for online learning
- Finding media balance & well-being
- Limiting multitasking during school and homework time

Resources to Get You Started

**Grades K-2**

**VIDEO:** Tips for Learning with Technology  
**ARTICLE:** Tips & Tricks for Distance Learning  
**ACTIVITY:** Family Media Agreement

**Grades 3-5**

**VIDEO:** Tips for Keeping Kids Motivated for Online Learning  
**ARTICLE:** Tips & Tricks for Distance Learning  
**ACTIVITY:** Family Media Agreement

**Grades 6-8**

**VIDEO:** Signs Your Kid Has a Healthy Relationship with Screens  
**ARTICLE:** Ultimate Guide to Zoom  
**ACTIVITY:** Family Media Agreement

**Grades 9-12**

**VIDEO:** Help Your Kids Stop Multitasking During School & Homework  
**ARTICLE:** Ultimate Guide to Zoom  
**ACTIVITY:** Family Media Agreement

Additional Upcoming Sessions

- **1/21/2021**  
  SESSION 2: Social Media, Gaming & Mental Health

- **2/9/2021**  
  SESSION 3: Cyberbullying & Digital Drama

Join us live via ZOOM  
https://evsd.zoom.us/j/93314177385  
WEDNESDAY | DECEMBER 2, 2020 | 5:30 P.M.