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 2

SOCIAL MEDIA, GAMING & MENTAL HEALTH

In this session, we offer the latest research on how digital media affects our youngsters’ mental health. This session includes a modified presentation created by Common Sense Media in collaboration with Child Mind Institute, and is designed to help caregivers recognize signs of a problem and offers concrete strategies to help kids when they’re struggling.

Topics include:
- The Big Picture
- Brain Development
- Potential Pitfalls & Practical Tips
- Worst-Case Warning Signs
- Potential Positives

Resources to Get You Started

Grades K-2

VIDEO: Connecting with New Friends Online
ARTICLE: Kids Make Friends & Interact Safely Online (K-5)
RESOURCE: Caregiver’s Guide to Social Media (K-2)

Grades 3-5

VIDEO: 8 Rules for Safe Smartphone Use
ARTICLE: Kids Make Friends & Interact Safely Online (K-5)
RESOURCE: Caregiver’s Guide to Social Media (3-5)

Grades 6-8

VIDEO: 8 Rules for Safe Smartphone Use
ARTICLE: Help Kids Make Friends & Interact Safely Online (6-12)
RESOURCE: Caregiver’s Guide to Social Media (6-8)

Grades 9-12

ARTICLE: Help Kids Make Friends & Interact Safely Online (6-12)
ARTICLE: How Colleges Use Kids’ Social Media Feeds
RESOURCE: Caregiver’s Guide to Social Media (9-12)

Additional Upcoming Sessions

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

Join us live via ZOOM
https://evsd.zoom.us/j/93314177385
THURSDAY | JANUARY 21, 2021 | 5:30 P.M.