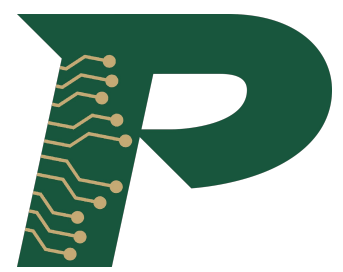


Digital Well-being Resources for Parents



2018 survey of teens 13-18 by Common Sense Media

Monitoring Software and Apps

Interact with social media
multiple times daily



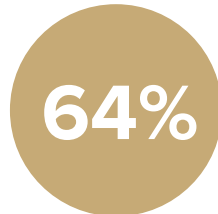
Go to bed with their phones



Believe they are addicted to
their smartphones



Exposed to hate speech in
social media posts



qustodio.com



netnanny.com



bark.us

Parental Controls



apple.com/families

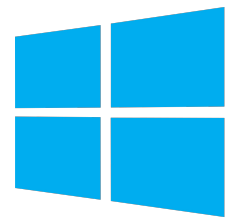


ANDROID

families.google.com/familylink



Chrome OS



account.microsoft.com/family

What can you do?

Stay Informed

Talk Openly

Set Rules & Restrictions



commonsensemedia.org/parents-ultimate-guides



Family
Online Safety
Institute

fosi.org/good-digital-parenting



beinternetawesome.withgoogle.com/en_us/families

Find more resources at https://www.pelhamcityschools.org/for_parents/resources/