

Model This, Here's Why



Children imitate, emulate, and copy us every day. Here are 3 ways you can model healthy digital choices for your children when you are on your cell phone or social media.

MODEL THIS

HERE'S WHY

ASK FOR PERMISSION

"Hey sweetie, I love this photo of you swinging in the park. Is it okay if I post it to my Facebook so my friends and our family can see?"

- When you post a photo of your child without their consent, you model to them that consent is only important in certain situations. Children who have never been given the opportunity to say "no" or "no thank you" to an adult may have a hard time understanding that they are entitled to set safe boundaries for themselves as teens or adults.

LET THE NOTIFICATION GO

Next time your phone chimes...
"Hey, let's let that notification go. What's important right now is you and me time, and that's what I want to focus on right now."

- How often do you allow your phone to direct your day? Does it ring in the middle of dinner, while shopping at the store, while watching your child's baseball game or outdoor activity? Think about the message you send to your child, friends, or partner when responding to your phone every time it rings or dings. Perhaps there is a balance you can find.

BE HAPPY WITH YOU

Next time you are scrolling social media...
"It's so neat to see what other people are doing, but I'm so glad we are doing _____. It's great that every family is unique; I'm happy we are all special and do our own special things."

- Comparing ourselves to others on social media increases anxiety and depression rates in teens and adults. Evaluate how social media makes you feel before, during, and after. If you find yourself getting caught up in any negativity or commentary, challenge yourself to take a break and state why you are happy you are YOU.