

# Screen Time and Digital Communication for Kids & Teens: How to Manage it All? Session 1 of 10

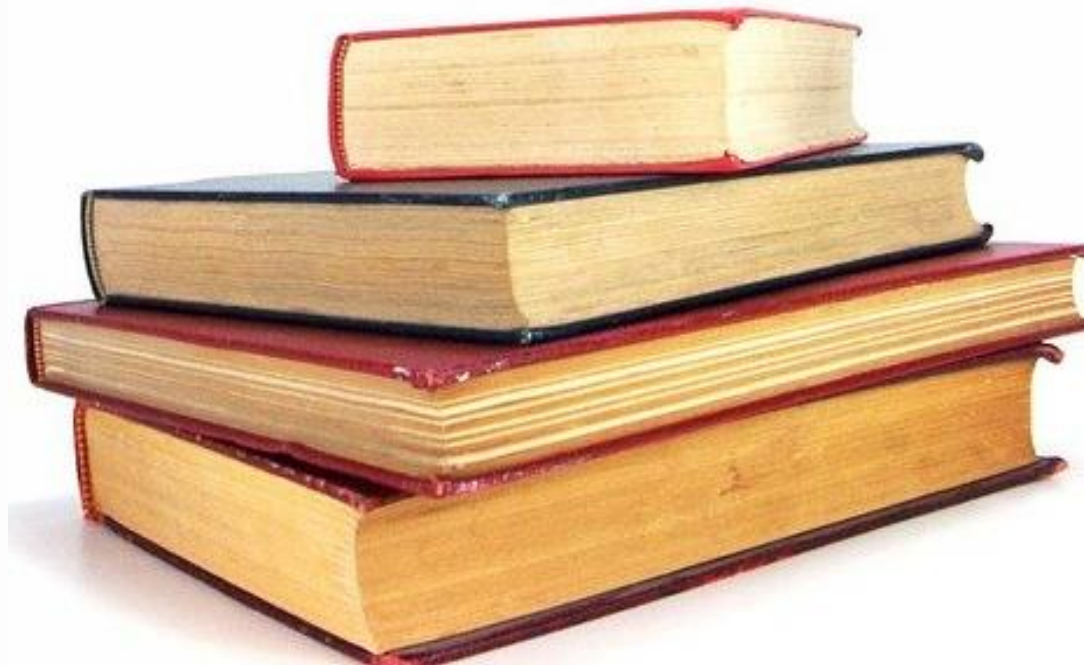


## Your host, Alison Meredith:

Alison Meredith taught High School Math in the 1990s, at Dobyns-Bennett and at schools in North Carolina and Massachusetts. She received a national award in 1997. Alison and her husband Tim have been home-educating their kids for 20 years; they have 7 kids ages 8-20.

Tim and Alison own Holston IT, a business which provides cybersecurity to other businesses throughout Southwest Virginia and the Tri-Cities.

Alison is a best-selling author. She and other IT leaders wrote **You Are the #1 Target**, to help business owners implement cybersecurity. She also has a Kindle book about protecting kids in digital communications.



# Today's Tips:

- **Get your own mindset right**
- **Inspire them to Want to Talk to You**
- **Listen to Your Kids / Teens**

# Get Your Mindset Right: Digital Immigrants and Digital Natives

Most of us parents are digital immigrants. We did not grow up with technology. It's still foreign to us.

Our kids are digital natives. Their perspective isn't *automatically wrong*—it's just different.

**Get Your Mindset Right:  
Realistic perception of your Kids and Teens**

Beautiful. Creative. Curious. Etc.

Childlike.

Selfish. Unreasonably Confident. Etc.

*not yet adults.*

Childish.

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**Inspire Them!**  
**Make them WANT to talk with you**  
**About their Screentime Shenanigans!**

*Tell me about . . .*

*What's That . . .*

**Inspire Them!**  
**Make them WANT to talk with you**  
**About their Screentime Shenanigans!**

*Please help me understand . . .*

*It Seems . . . .*

**Listen to Their Ideas  
about limits on their total time, schedules for  
screentimes, which apps are OK, etc.**

There IS a place for “Do this. Now.”

You ARE the boss. You get to call the shots.

BUT. . . Don't skip this step! They have good ideas. Hear them out.



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