

YOUNG PEOPLE SHOULDN'T HAVE TO NAVIGATE DIGITAL LIFE ALONE, NEITHER SHOULD THE ADULTS WHO CARE FOR THEM



Mindful Media

A NOTE FROM JACQUELINE, FOUNDER OF MINDFUL MEDIA

Hi, and welcome to summer! If you're working with young people right now, you're probably already fielding questions about screens and devices. This issue of *Mindful Media Briefs* is about reframing that conversation with some practical tools for practitioners and families to use right now. Because the goal is never perfect screen time habits - it's to have a good summer!

GUILT-FREE SCREEN TIME THIS SUMMER

Research consistently finds that screen time is a poor predictor of wellbeing. What matters is content, context, and what the screen is displacing, or not. This summer, put down the timer and integrate media in ways that work for your family, your kids, and this season.

APPS & GAMES FOR CREATIVITY OR CONNECTION

Seek - nature scavenger hunt
Reason Compact - music studio
Skillshare - classes for creatives
Sway - learn to dance at home
Paper by WeTransfer - sketchbook
Jackbox - family game night
Poetry Magnets - write poetry



3 QUESTIONS TO ASK TEENS:

1. What have you been watching or playing lately that you're really into?
2. Who do you connect with most through your phone or games?
3. How do you usually feel after you've been on your phone for a while?



3 QUESTIONS FOR CAREGIVERS:

1. Is my teen using the screen to consume, create, or connect?
2. Does the timing of media use work for our family's routine right now?
3. What does my teen need to create healthy habits and to stay balanced this summer?



WHEN SOMETHING'S NOT WORKING

1. Get specific: which app, what time of day, what's the mood before and after, what is being displaced?
2. Identify what they need: connection, escape, stimulation, autonomy, curiosity, comfort?
3. The goal is understanding whether media is meeting their needs, and how.