

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



A NOTE FROM DR. VICKERY, FOUNDER OF MINDFUL MEDIA

Most conversations about kids and screens put adults on one side and young people on the other — as if digital life is a teen problem that caregivers need to solve. This issue is built around a different idea: that families are navigating the same digital world, just from different vantage points. And that the gap between those vantage points is where the most useful conversations start. Digital wellbeing isn't just a teen issue, it's about learning and regulating together.

START WITH CURIOSITY, LEAD WITH EMPATHY

Teens consistently tell us they want adults to ask them about their digital lives. When adults lead with curiosity rather than concern, young people are more likely to reflect, share, and self-regulate. The goal is to get curious about healthy habits - together.

UPCOMING EVENT

Level Up: An Inter-Generational Game Show | Thursday, July 30 @ 5:00 | Innosphere, Fort Collins | <https://tinyurl.com/mm7d96vb>

Interactive game night where families compete, collaborate, and figure out together how the digital world really works, in partnership with Wholesome Generations.



3 QUESTIONS TO ASK TEENS:

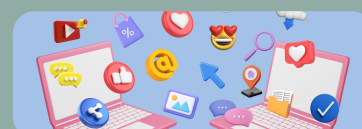
1. What's something or someone you enjoy online that you think I'd like too?
2. What's something you do online that you think I'd misunderstand if I saw it?
3. If you could change one thing about how our family uses phones or media, what would it be?



3 MINDSHIFTS FOR CAREGIVERS:

From the Center for Digital Thriving

1. **Us vs. them → Us AND them** | Digital wellbeing is a family project, not a teen problem to manage.
2. **Referee → Coach** | Focus less on calling fouls, more on building healthy habits together over time.
3. **What the heck → What's familiar** | The technology is new, but your teen's underlying needs and feelings aren't.



BUILDING DIGITAL WELLBEING AS A FAMILY

1. Name one family value and ask together whether your tech use supports it or works against it.
2. Make mutual changes — if you're asking your kid to change something, change something yourself at the same time.
3. Lead with empathy - tell your kid one thing screens pull you toward that you wish they didn't.