



*Your monthly empowerment guide
and practical tips for your family*



DINNER TIME: THEN VS. NOW

What do your family meals look like? You no longer need to look back and wish your family lived the life you were blessed to grow up in...one where a family eats together and interacts with one another. Put down your phone and set the stage of your dreams.

Q&A with Family: perfect for dinner time!

Kids of all ages

- Who are some families that we know that you admire and why?
- Would you rather play a video game, be on your phone/tablet alone, or play with friends? Why?
- What are some of your favorite memories from this past summer?

Intermediate/Middle School

- Has anyone you don't know ever reached out to you or your friends online?

Middle School/High School

- Do you think your younger sibling or neighbor is sufficiently protected online?
- What values do you want to pass down to your children?



SO YOUR TWEEN WANTS A SMARTPHONE?

[Listen to this four minute clip first!](#)





FAMILY CHALLENGE

Commit to **ONE** tech free evening for the family, for one day of the week!

PARENTS - LET'S HAVE A SERIOUS CONVERSATION. WHAT ARE THE DREAMS YOU HAVE FOR YOUR FAMILY?

Are you living the daily family life you want?

Seriously, what does that look like?

Is your child ready to handle the adult world?

If your child was addicted to something (drugs, alcohol, porn, gaming, social media) and required treatment, what would you do to save them?

The first step to improving your family relationships is to start developing some consistent parenting guidelines.

Sample Technology Guidelines:

- Our family eats together without distractions
- No smartphones until at least high school
- No social media until at least 16
- No playing video games alone in a room



YOU'RE NOT ALONE

We all know in our hearts that smartphones have negative consequences for our children's brain development. That's why our school is creating a smartphone-free student community. Delaying getting your child a smartphone is one of the best things you can do for your family and your child's mental and physical health.

[Join Us, Sign the Pledge!](#)

