



Quick tips for encouraging healthy technology habits; addressing anxiety and depression; and practicing substance abuse prevention:

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**SCREENTIME:** We presented multiple screenings of "LIKE." The film included the following tips from The Center for Humane Technology:

- **Turn off notifications** - they appear in red because red signals urgency
- **Go grayscale** - color icons give our brains shiny awards when we unlock them
- **Charge your phone outside the bedroom**
- **Don't look at your phone before you go to bed**
- **Download apps that help you live without distraction** - for ideas go to <http://humanetech.com/take-control/>
- **Keep the conversations going** with your family and or in the classroom
- Go cold turkey and **delete all social media**
- **Set a good example** and encourage better social media habits early on

**ANXIETY & DEPRESSION:** Our upcoming screening of "SCREENAGERS: Next Chapter" will address this topic. In the meantime, the following tips can help (or visit [GoZen.com](http://GoZen.com)):

- Practice deep breathing
- Encourage positive self-talk
- Get your kids and yourself moving
- Encourage kids to journal
- Hug it out
- 5 4 3 2 1 - find something to see, feel, hear, smell, taste

**SUBSTANCE ABUSE:** Tips from The Child Mind Institute

- **Plan the talk** - "Tomorrow night let's talk about drinking and drugs. You're not in trouble. I just want to talk about where we stand and hear any concerns you might be having."
- **Spell out the rules and consequences** - avoid ambiguity, let your teenager know where you stand. Kids tend to be safer when parents set limits.
- **Explain your reasons** - point out risks associated with impaired judgement in potentially dangerous situations and how it can affect their record.
- **Let your kids speak** - talk to them the way you'd like to be spoken to and offer them a chance to express their concerns and feelings.
- **Avoid hypocrisy** - it's up to you if you share your history, but don't reminisce or glamorize your experiences and explain that it's your job to help them avoid things they will regret.
- **Consider an amnesty policy** - tell your child they can call and ask for help without incurring the regular repercussions they might from hiding their behavior. Amnesty policies keep kids safe and encourage them to make appropriate choices without letting them off the hook.
- **Keep the conversation going** - talking to your teen about substance abuse should be a process, not a single event. Let them know your conversation is an open-ended one, and that it's two-way street.