



# Close-Up on the Digital Well-Being for Families

*Held as part of Child Abuse Prevention Month*

## Program Agenda

**10:10:40 a.m.**

### **Social Media Platforms**

- Understand how youth use technology, including in friendships and relationships
- Examine popular social media platforms utilized by adolescents
- Explore social media challenges

**10:40-11:10 a.m.**

### **Modeling Healthy Digital Boundaries**

- Discuss digital distraction and its impact on caregiving
- Create a shared vision for appropriate technology use for the family

**11:10-11:50 a.m.**

### **Technology Use as a Developmental Process**

- Consider attributes of *quality* screen time for youth
- Examine online safety as a developmental process between ages 8 and 18

**11:50 a.m.-12 p.m. Refer**

- Explore tools and resources to support digital wellbeing



**Thursday, April 21, 10 a.m.-12 p.m. via Zoom**

Technology is a big part of our lives, and from social media to gaming, technology use has increased over the past two years. It is important for adults to recognize the impact of technology in their own lives, including digital distractions, as they partner with youth to build skills for digital well-being and safety. This interactive workshop will explore how youth use technology in friendships and relationships, how adults can model healthy digital boundaries, and how online safety is a developmental process. Participants will receive digital tools and resources to support digital well-being.

#### **Learning Objectives:**

- Discuss digital distraction and its impact on caregiving
- Understand how youth use technology, including in friendships and relationships
- Examine online safety as a developmental process between ages 8 and 18
- Explore tools and resources to support digital well-being

**Caitlin Tully** is the Training Supervisor with The Center for Family Safety and Healing. She currently partners with K-12 schools and non-profit organizations in central Ohio to provide education to teens and adults around the topic of family violence, including digital dating abuse and digital well-being. In addition, she is a certified trainer of Trauma Responsive Care through the Tristate Trauma Network.



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