

interventions and discussion questions

universal (across domain) truths/interventions:

- 1) use this information to start NON SHAMING conversations.
- 2) the later the exposure to tech, the better.
- 3) content that is violent, sexualized, &/or monetized/commercialized should always be treated with extra care!
- 4) offer a counter balance with a rich, fiery life!
- 5) value, teach, and model critical thinking!

embodiment interventions:

- 1) make your home welcoming to the body.
- 2) have kinesthetic offerings available (and out).
- 3) establish screen free zones.
- 4) attend to all senses.

thumbs and eyes interventions:

- 1) turn away from screens 1 hour before bed.
- 2) use ambient instead of overhead light.
- 3) place screens next to (as opposed to in front of) windows.
- 4) apply filters (false sense of security).
- 5) limit time with screens/use screens more during the day and less in the evening.

neurological (brain) interventions:

- 1) limit screen time early on & choose slower moving media/content.
- 2) teach soothing skills.
- 3) force delay of gratification some of the time. practice doing one thing at a time.
- 4) create & celebrate opportunities for boredom.
- 5) realistically assess use of violent and sexualized media (type, amount of exposure, and effects).

relational interventions:

- 1) keep interpersonal skills in tune.
- 2) watch your own way of talking about/treating others.
- 3) examine how you use & feel when using social networks. invite this conversation with your kids.
- 4) don't use or support porn or platforms that objectify.
- 5) talk about all forms of relational aggression (& respond appropriately).

sense of self digital interventions:

- 1) keep technology out in the open.
- 2) install filters. seriously.
- 3) talk about what to do when kids get around the filters.
- 4) teach digital literacy & safety.
- 5) structure life so that technology does not become your child's best/only friend.
- 6) make earbuds a privilege.

sense of self behavioral interventions:

- 1) model/teach/value internal locus of control.
- 2) allow (invite) failures.
- 3) get bored. pass it on.
- 4) teach emotional regulation & soothing.
- 5) assess f - d - r skills again & again (then create opportunities for mastery).
- 6) turn off push notifications & disable cookies. get your diversity on!

discussion questions for home:**regarding embodiment:**

- 1) in what ways is my home welcoming to the entire body? how might i make it more sensually inviting?
- 2) what kinesthetic offerings do i have available (and out)?
- 3) what are two physical spaces that i might convert to screen free spaces?

regarding physiology:

- 1) what kinds of slower media/digital content might i work to replace faster moving content with?
- 2) how can i enhance my own self soothing skills and teach them to those around me? get very specific about this.
- 3) force delay of gratification some of the time. practice doing one thing at a time.
- 4) how might i create & celebrate opportunities for boredom?
- 5) what kinds of violent/sexualized/monetized media do i use without thinking about it?

regarding relationships:

- 1) do i interact with others verbally? do i make eye contact?
- 2) in what ways do i model judgement of others/shopping and objectifying others?
- 3) how do i feel when i engage social media? do i compare myself? do i experience fomo?
- 4) do i regularly engage digital content that actively objectifies others?
- 5) what kind of relational aggression have i witnessed in digital spaces? how did it make me feel?

regarding the development/health of the sense of self:

- 1) do i model/teach/value internal locus of control?
- 2) do i allow (invite) failures in and for myself and for others? can i tolerate the discomfort?
- 3) do i tolerate and make space for boredom? if not, how might i, very practically, do this?
- 4) how can i enhance my ability to focus? to delay? to regulate?
- 5) what notifications could i turn off right now?