

# TO DO

- Set up screen free areas of the home, especially bedrooms
- Set time limits and specific times to unplug
- Give eight-8 second hugs daily, or other healthy physical contact
- Exchange screen time for other family activities
- Communicate with eye contact
- Set up filters
- Preview new apps for a week before approving for kids
- Teach kids to show the same respect and manners online as offline.
- Document bullying, block bullies, identify safe person at school
- Never ignore signs of depression!
- Get help, National Suicide Prevention Lifeline 1-800-273-TALK
- Discuss age-appropriate healthy sexuality regularly
- Ask often, "When was the last time you saw pornography?"
- Create plan for responding to pornography exposure
- Do more listening than talking — teach them their voice matters
- Allow kids to make choices (within safe limits)
- Find things to use as rewards/punishments besides electronics
- Model healthy technology use
- Find more tools and resources at [EndExploitationMontana.org](http://EndExploitationMontana.org)