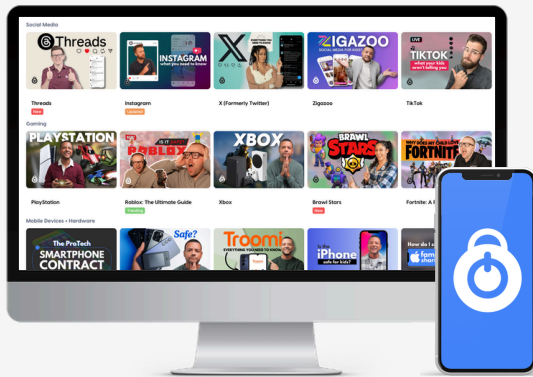




Parent ProTech equips your community to safely navigate technology.

Offering a:

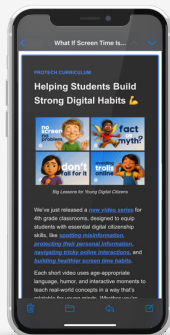
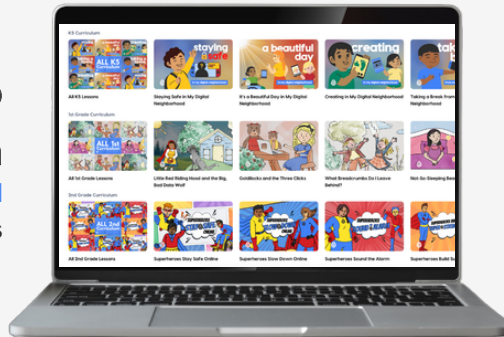


### Family Resource Platform (disponible en español)

How-tos, trends, and safety setting guides on social media, gaming, AI, streaming, and more

### Digital Citizenship Curriculum

Lesson plans, activities, and student videos built by educators



### Newsletter with Tech Updates (español)

Important updates on the tech kids and teens are using today

Scan or click to sign up for FREE to protect your students online!



# Parent ProTech Quick-Start Guide

Empowering families. Protecting futures.

Parent ProTech is your all-in-one digital parenting platform designed to keep families safe and informed in a rapidly changing tech world. Our platform bridges the gap between what kids use and what parents need to know, so you can make smart decisions without feeling overwhelmed.



## 1. Create Your Account

Scan QR code to sign up.  
Bookmark the site for quick  
access.



## 2. Audit Your Family's Tech

Write down all devices,  
apps, games, and  
platforms your child uses.



## 3. Learn the Tech

Understand the basics  
and parental controls  
about each platform or  
device your child loves.



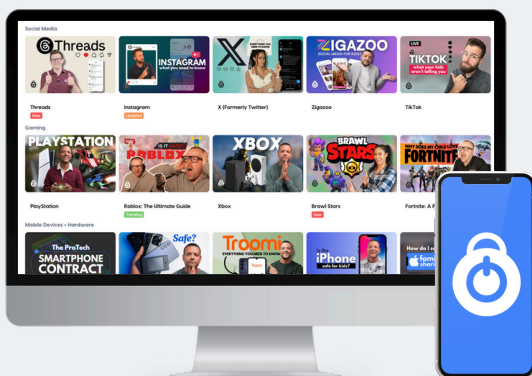
## 4. Set Boundaries

Establish screen time  
routines and set up  
parental controls.



## 5. Start the Conversation

Use ProTech Conversation  
Starters to spark open  
discussions and set shared  
expectations around tech.



# Distraction-Free Living

Help your child build focus, patience, and healthier tech habits.

## Distractions Add Up

**237**  
notifications a day

median smartphone notifications  
received daily for users ages 11-17 <sup>1</sup>

Hundreds of interruptions  
competing for your  
child's attention

**8.5** hours  
of daily screen time  
on average for US not  
including schoolwork <sup>2</sup>

Time pulled away from  
reading, creativity, & rest



### Designate Tech-Free Zones

Keep phones out of bedrooms and away from the dinner table.



### Delay The Device

Wait to introduce addictive technology, and set clear boundaries when you do.



### Develop Offline Skills

Prioritize hobbies like reading, drawing, and outdoor play to strengthen focus and real-world skills.



*Set the tone for a healthy digital lifestyle at home!*

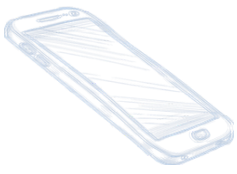
## Start the Conversation

- "What is a skill you'd like to learn that doesn't require a screen or an app to master?"
- "If we decided to make our study time free from all tech, what do you think would happen to your focus?"
- "Do you notice a difference in how deeply you can get into a book or a project when there are no buzzing notifications nearby?"

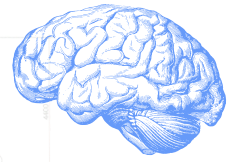
Our mission at Parent ProTech is to equip your community to safely navigate technology.

<sup>1</sup> Common Sense Media, Constant Companion: A Week in the Life of a Young Person's Smartphone Use (2023).  
<sup>2</sup> Common Sense Media, The Common Sense Census: Media Use by Tweens and Teens, 2021 (2022).





# ProTech Basics



A framework to help your family navigate the digital world with confidence

## PROTECT

P

- **Delay introducing addictive tech** to protect your child's brain development.
- **Establish tech-free zones**, such as bedrooms and the dinner table, to prioritize sleep and family connection.
- **Implement parental controls** using resources like Parent ProTech to create a safer digital environment.

## REFLECT

R

- **Model the habits you want to see** since your child will mirror your tech habits more than your words.
- **Evaluate the foundation you've laid** to ensure you are laying a digital foundation you're proud of.
- **Cultivate critical thinking** by teaching your child to question the "why," the purpose, and the feelings behind what they see online.

## OVERSIGHT

O

- **Be a presence, not a spy**, by staying involved in what they use and who they talk to.
- **Build trust through oversight** to show your child that your involvement comes from a place of love, not suspicion.
- **Keep the dialogue open** with regular family check-ins about what's working and what needs to change.

## TALK

T

- **Keep talks small and frequent** to make digital safety a natural, ongoing conversation.
- **Discuss awkward topics directly** so they hear the truth from you instead of the internet.
- **Explain digital footprints** to help them understand that online actions have lifelong consequences.

## EQUIP

E

- **Equip kids to make wise choices on their own**, rather than trying to control every move they make online.
- **Teach them to spot red flags** and follow a simple plan: don't engage, record evidence, and report it.
- **Train them to be digital leaders** by questioning the purpose of content and how it shapes their character.

## CONNECT

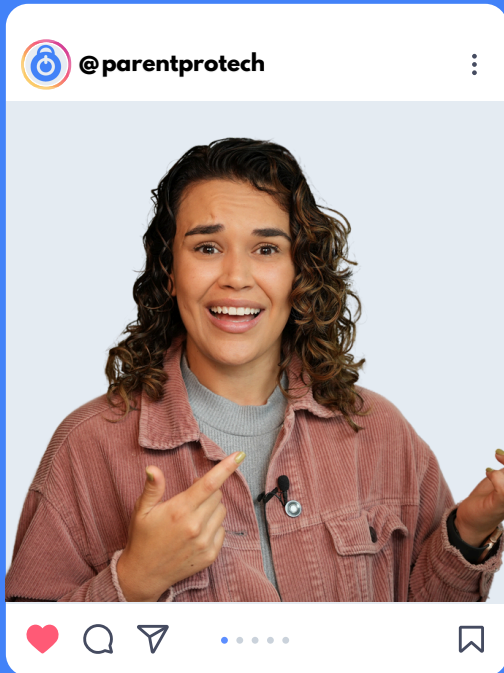
C

- **Prioritize relationship over rules** to ensure your boundaries and advice actually stick.
- **Engage with their interests**, even if it feels "cringe," to earn the right to speak into their digital world.
- **Use tech as a bridge** by staying curious about their habits instead of letting devices create a wedge.

## HOPE

H

- **Lead with hope instead of fear** to prepare your child for a digital future that isn't going away.
- **Respond with grace** when they make mistakes to teach responsibility over shame.
- **Value presence over perfection**, because showing up matters most.



When it comes to my family and technology, *where do I begin?*

Right here.



@parentprotech



Do you have  
**tech** questions?



Still trying to figure out all the tech that the young people in your life are using?

We get it.

Select a time slot here for one-on-one coaching with one of our Parent ProTech tech experts.

parentprotech.com  
@parentprotech  
team@parentprotech.com



 Parent  
ProTech

Helping your community  
thrive online.

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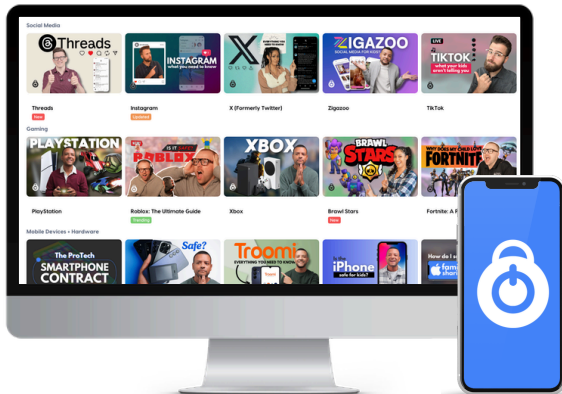
Parent ProTech helps your family navigate...



and much more...

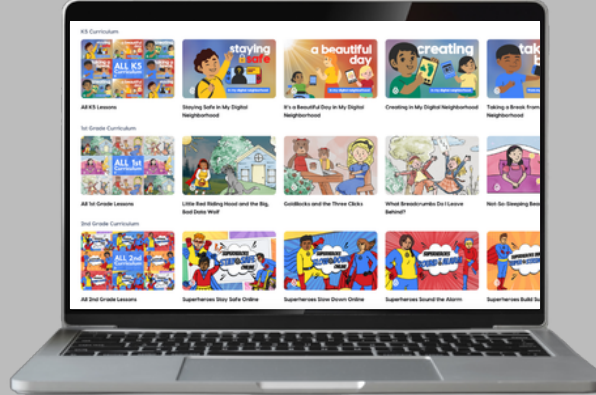
# Parent ProTech offers:

## 1. Family Resource Platform (disponible en español)



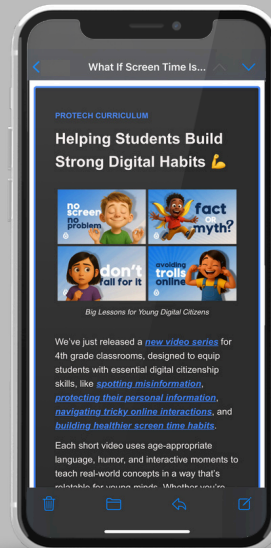
Including platform how-tos, trends, and safety setting guides on social media, AI, gaming, streaming, and more

## 2. Digital Citizenship Learning Experiences



Customizable lesson plans, activities, and videos designed to get students talking

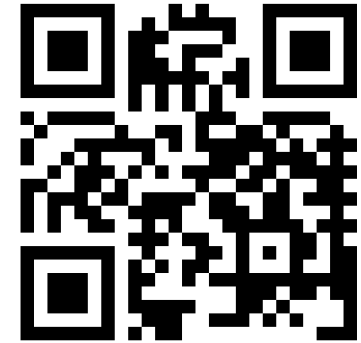
## 3. Newsletter with Tech Updates (español)



Important updates on the tech kids and teens are using



Sign Up Here <sup>100% FREE</sup>



For complete access to all of Parent ProTech's resources to protect your family online.

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