



# 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

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- **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 just 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

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- **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.