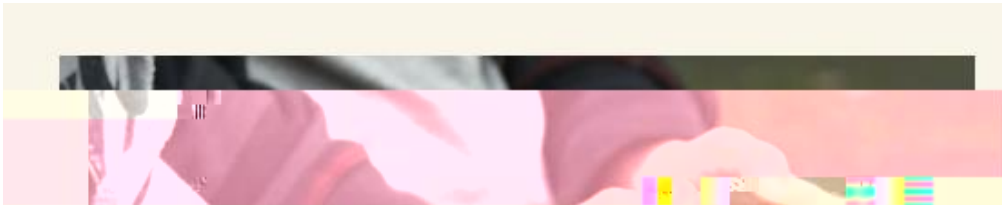


The background is a complex collage. At the top left, a woman with dark hair looks down at a smartphone. Below her is a world map with various countries highlighted in different colors. To the right, there are abstract digital patterns in shades of green and yellow. At the bottom left, a person stands in a field with trees showing autumn foliage. The bottom right features a large, abstract pattern of blue and green squares. A dark grey semi-transparent box with a blue border is centered over the collage, containing the title text.

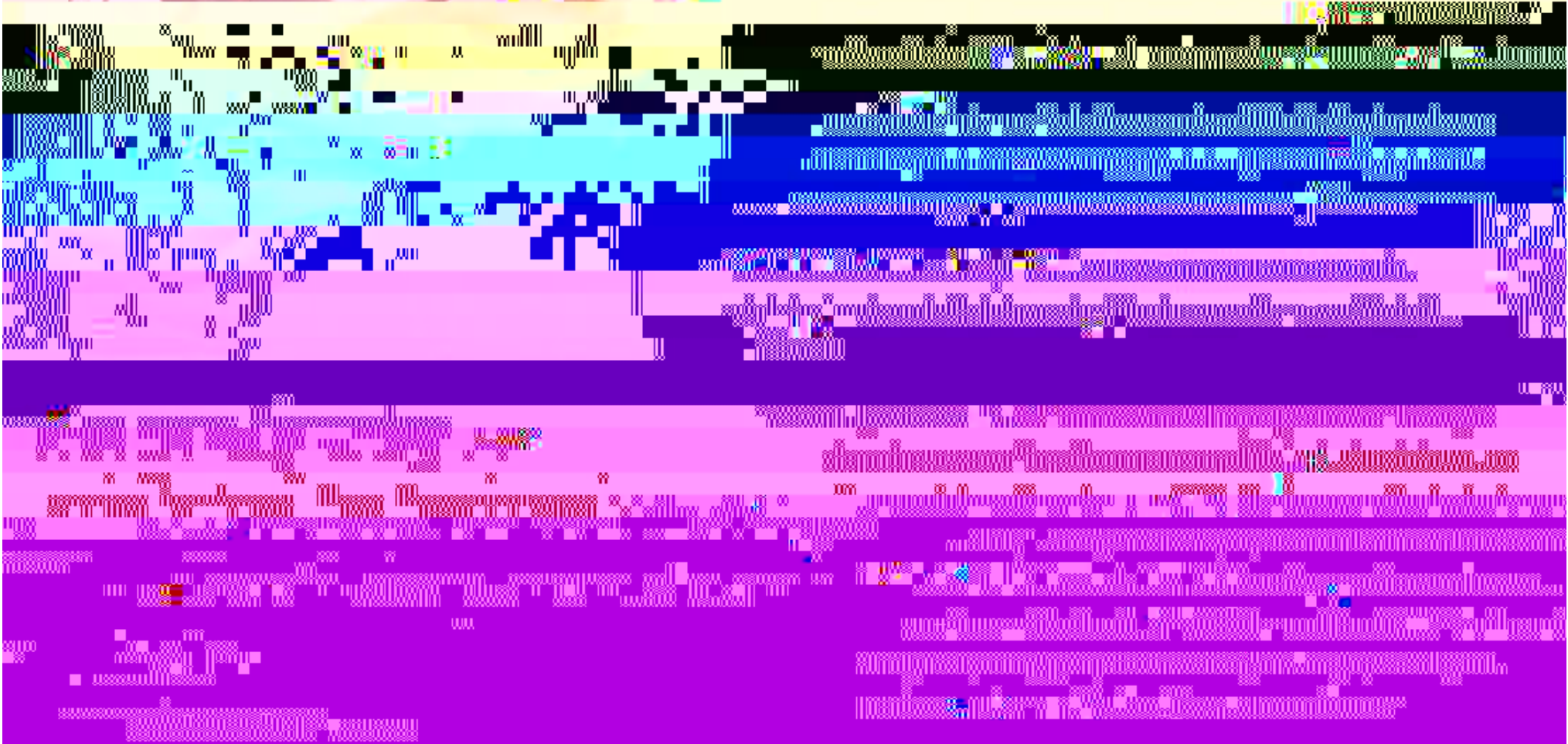
Raising Kids in a Digital World: Making Sense of Research and Headlines

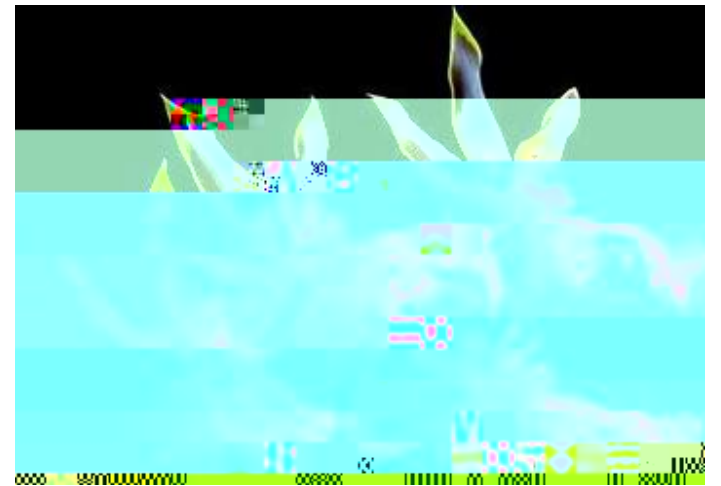
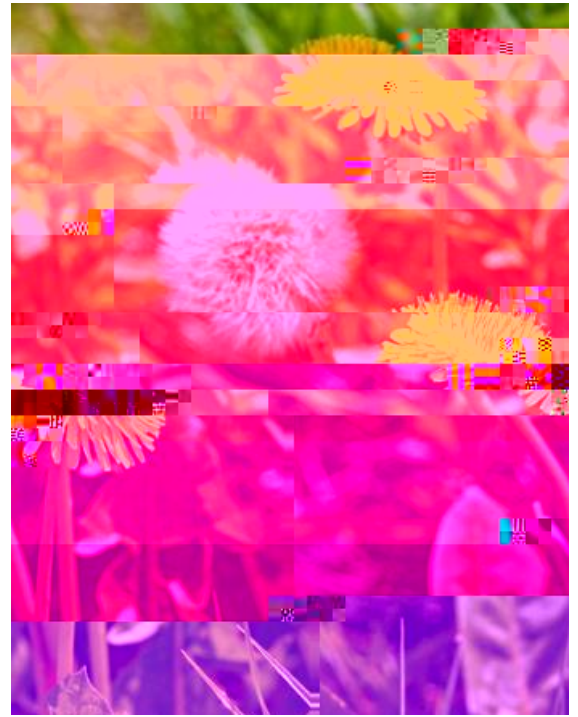
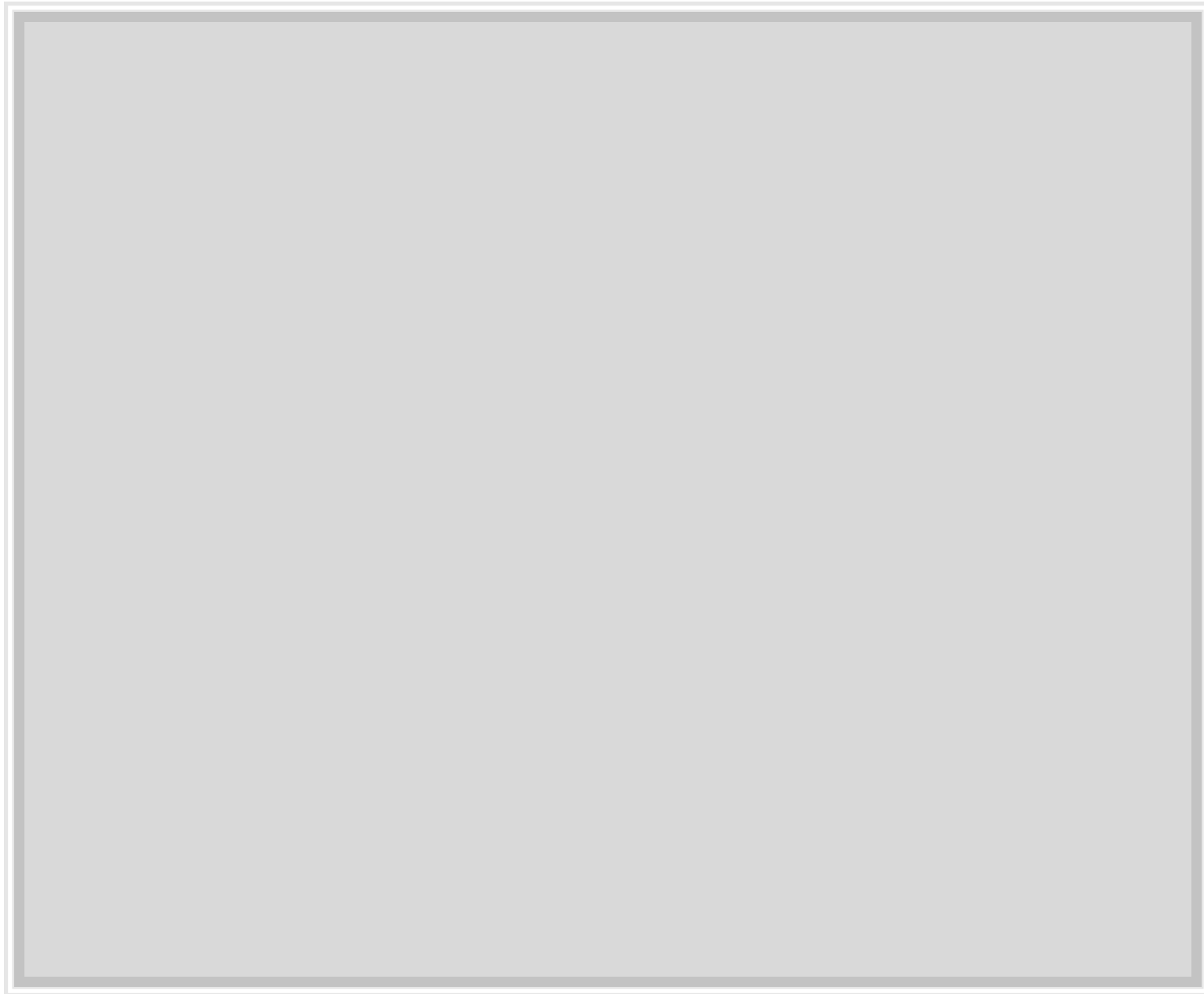


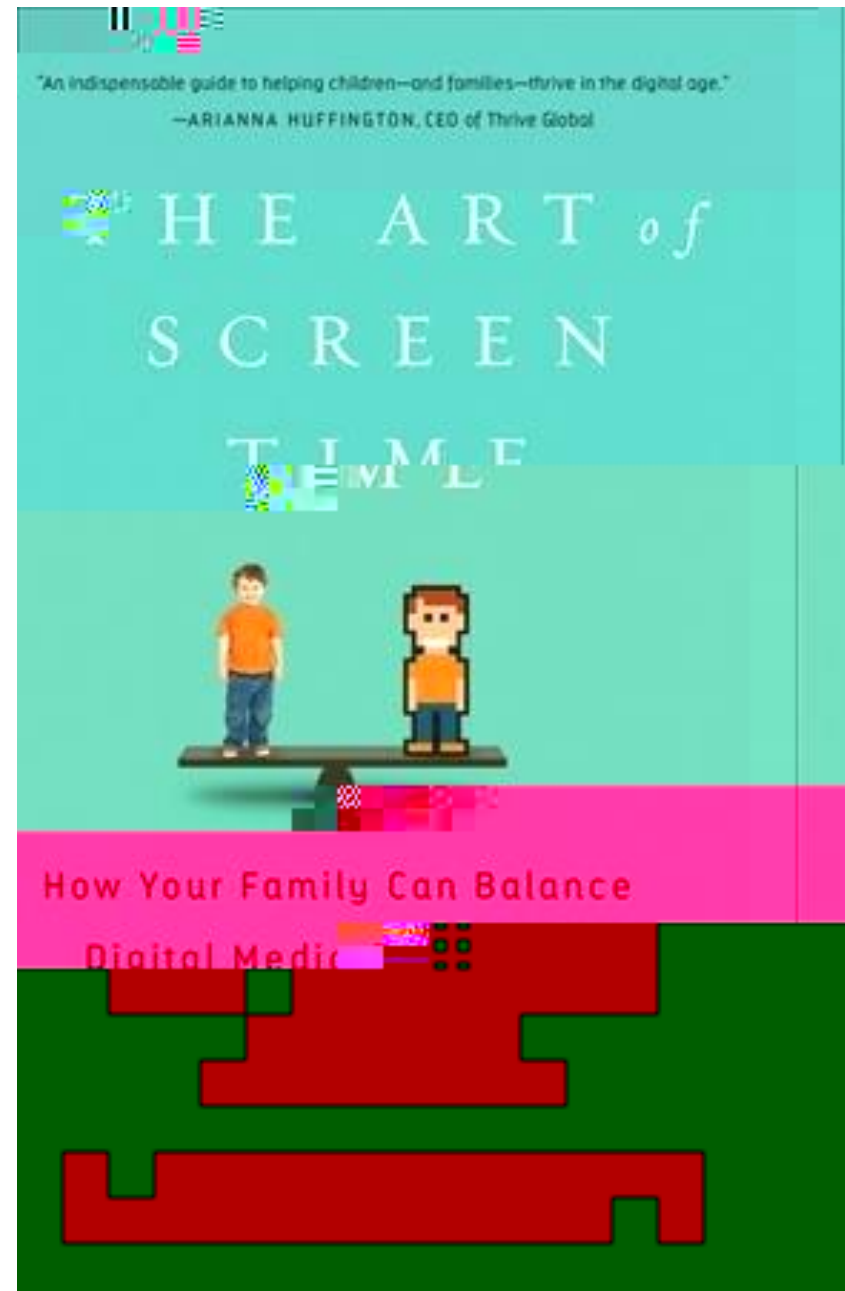
They are safer, physically. [Read more](#)



Half of all teens say they feel addicted to their mobile devices.







Guiding Principles

Eat food.¹

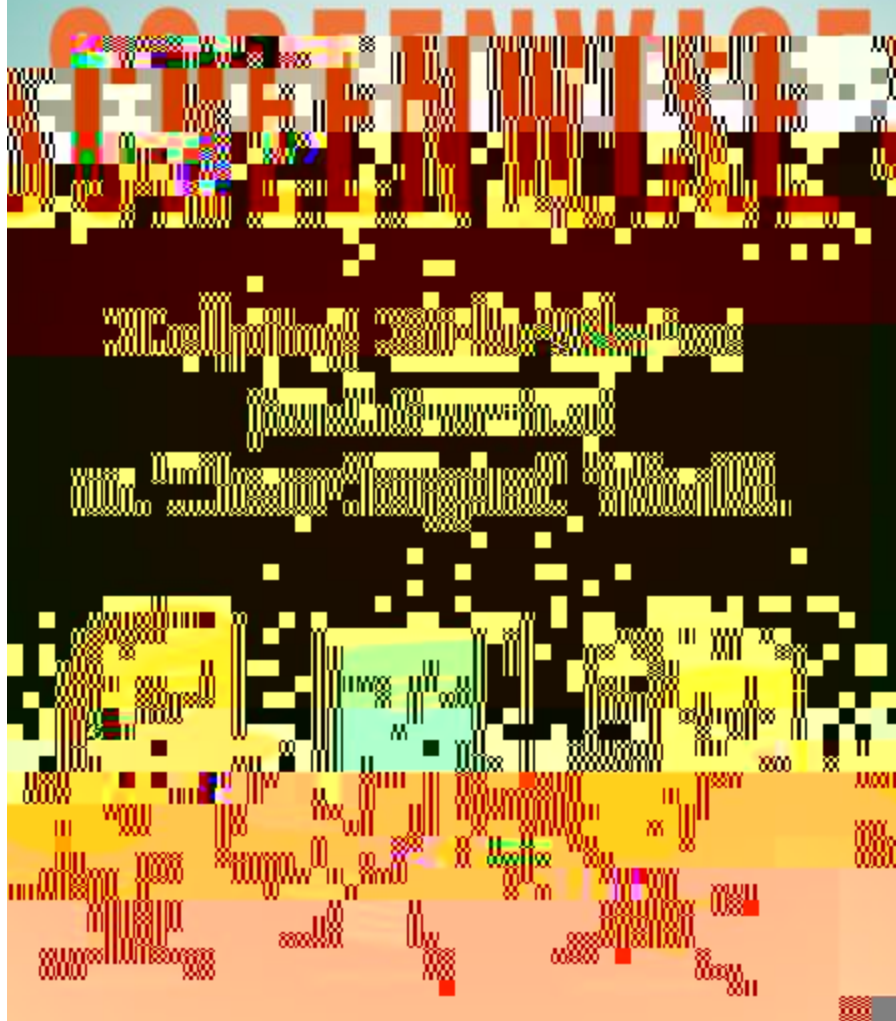
Not too much.¹

Mostly plants.



Devorah Heitner, PhD

Founder of Raising Digital Natives



Mentoring



Practice joint media engagement and **active mediation** some of the time.

Bottom Line: Responsible,

Practical ways to work together: