

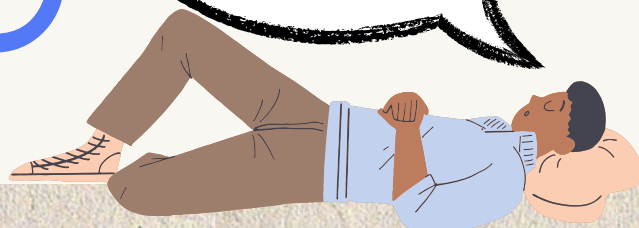


## LET'S TALK TECHNOLOGY & BRAINS



We live in a  
perpetual state of  
distraction and  
interruption.

Moments of  
unplugged, calm are  
essential to learning  
and memory.



### Talk to your teen

- How much screen time a day are you and your teen using? Keep track for a day to find out.
- How does your teen take steps towards staying safe online? (click 'more info', to learn more)
- What ways can you as a family unplug and take time for calm?

[MORE INFO](#)

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