

Social Emotional Wellness

Balancing Screen Time



Welcome to our new Social Emotional Wellness newsletter, brought to you by Diman Family Connection!
In each newsletter we hope to highlight a hot topic to help support you with common challenges for students and families.

As parents/guardians, we recognize that our children live in a different world than we were raised in with regard to screen time, especially social media. It can be stressful to find a balance of healthy online communication in society today. Please review the documents below with different ideas and perspectives on how to balance screen time and reflect on online safety with children of all ages (and ourselves!)

- [Parent Zone: Risks to be Aware of on TikTok](#)
- [NetSmartz: Digital Safety Lessons](#)
- [Balanced Screen Time Spotlight – article compilation](#)

Keeping Kids Safe and Secure Online (U.S. Attorney General)

- [Who are Your Kids Talking to Online?](#)
- [Digital Safety Checkup](#)
- [Gaming](#)
- [Social Media 101](#)
- [Sextortion](#)
- [Sexting](#)

Please feel free to reach out to School Adjustment Counselor, Michaela Gagne, at mgagne@dimanregional.org with any questions, comments, concerns, or topics you would like to explore!

Visit the
[Diman Family Connection](#)
website for more information on Diman, community resources, parent trainings, and various additional supports!



Visit the
[Diman Direction Facebook Page](#)
for information on community events and resources, employment, and so much more!

