

Mentoring and Modeling: Raising Digital Citizens | Participant Guide

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Mentoring and Modeling

Caregivers are in the unique position of supporting young people through mentoring and modeling. How we act, what we say, and what we encourage through our own modeling have an enormous impact on youth development and choices.

[39% of teens](#) wish caregivers would spend less time on their mobile devices. Young people are looking to us to demonstrate boundaries that support healthy, balanced lives.

Consider Best Practices

Which of the following digital-device-best-practices do you agree with, aspire to, or want to argue?

- Never hand your phone to your child as a pacifier
- Keep phones out of ALL bedrooms
- Review screentime data and set goals together
- Set app time limits for yourself
- Show your child what you do on your phone
- Speak your actions out loud: *"I'm checking Instagram to see if the soccer match was canceled"*
- Create a family charging station, phone jail, or device box
- Show restraint with checking online gradebooks
- Put down your phone when your kid walks in the room
- Avoid phone use when waiting in line
- Model healthy habits: Walks, device free dinner, phone bedtime
- Say yes to appropriate app requests and ask to see how your child uses the app
- Do not text and drive
- Get consent before sharing images/videos of your child on social media

Consider Actions to Take

- Avoid techno panic
- Stay engaged, empathetic, and encouraging
- Review data together
- Harness the moments that kids make a digital request or ask a question related to phone/device use
- Bring up a scary screentime article or watch a scary screentime movie
- Ask questions

Gaming Questions to Ask

- Can you tell me about the most exciting moment you experienced in the game today?
- Were there any challenges you faced while playing? How did you overcome them?
- Did you collaborate with any friends or teammates during the game? How did that go?
- What character traits do you think are important for success in the game, and how do you embody them?
- Were there any situations where you had to be creative or think outside the box?
- How do you feel the game has helped you develop problem-solving skills?
- Can you share a moment where you demonstrated good sportsmanship or teamwork?
- Did you encounter any in-game decisions that made you reflect on your own values or principles?
- Were there any opportunities for you to show kindness or help others?
- Did you discover any interesting facts or learn something new while playing today?
- In what ways do you think playing this game contributes to your overall development as an individual?
- Can you share a funny or memorable moment that happened?
- Did the game inspire you to think about future goals or aspirations?
- How do you handle disappointment or setbacks?
- Did you notice any moments where your leadership skills were put to the test?
- Are there aspects of the game that you find relatable to your real-world experiences or challenges?
- How do you ensure that your online interactions with others are positive and respectful?
- Can you think of any ways we can incorporate the positive aspects of the game into our daily lives as a family?

Next Steps:

- What are your own best and worst tech habits? What is one small shift you can make in your own tech practices today?