



Jefferson Elementary School District  
invites you to an engaging and informative  
online evening for caregivers

# Parenting in the Digital Era

## Supporting Dialogue and Strategies for Building Healthy Tech Habits

Wednesday, May 1, 2024  
6:00 PM - 7:30 PM

- ▶ Gain a deeper understanding of what young people are facing online
- ▶ Discover ways to dialogue with young people about their digital use in an effort to understand their perspectives
- ▶ Practice strategies alongside young people for developing a balanced, healthy relationship with technology
- ▶ Connect with other caregivers in your community facing similar challenges and gain support by sharing experiences



[Click here to register!](https://www.mydigitaltat2.org)

Presented by



My Digital TAT2 is a nonprofit that addresses how to build healthy habits, critical thinking, and thoughtful online behavior in order to integrate technology into our lives in a constructive way. For more parent resources and to learn about our work, visit us at: [www.mydigitaltat2.org](https://www.mydigitaltat2.org)