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Talkin' Tech

with Janell Burley Hofmann

A monthly newsletter for SINAI parents

November 2019

WELCOME!

Each month, Janelle Burley Hofmann and SINAI Schools will partner to bring parents and families a newsletter filled with information and learning opportunities. Nine editions delivered right to your inbox!

Enjoy a short video with Janell at Parent Tech Tip as well as articles, updates, recommendations, and opportunities to ask questions.

This newsletter is for YOU! So let us know what you want included.



Who is Janell?

Janell Burley Hofmann is an international author, speaker, and consultant on digital health and well-being. Janell works with youth, educators, families, communities and organizations finding solutions and best practices for living tech-healthy lives. She is also a mother of five children ages 10, 12, 14, 16, and 18. Additionally, she has a Bachelor's Degree in Communications and Media Studies and a Master's Degree in Critical and Creative Thinking. This is the second year Janell has partnered with SINAI Schools. For more information on Janell, visit www.janellburleyhofmann.com.

November Parent Tech Tip: The Askable Adult

November 2019

An Askable Adult is a grownup in the life of a child who helps take care of them and who they can trust. Askable Adults are very important when our children and teens go online. They need to know there is someone they can consistently count on if they make a mistake, feel confused or need help.

Askable Adults lead with these conversation starters:

I CARE ENOUGH
ABOUT YOU
TO HAVE THIS
CONVERSATION.

SHOW ME.
TELL ME.
TEACH ME.

EVEN IF
I DON'T LIKE IT,
I CAN HANDLE IT.
YOU ARE NOT
ALONE.

I UNDERSTAND.
I CAN RELATE.
I HAVE FELT
THAT WAY
TOO.

Click on the video below to learn more about Askable Adults.



What's New?

- Did you know Common Sense Media can help you better understand your child's specific media consumption including games, social media,

internet use, movies, streaming programs and even books? [Click here](#) to explore this great resource for families.

- **Want to make your own FREE tech contract?** Check out this feature made by Janell Burley Hofmann & VISR - [click here!](#)
- **Have a child who loves YouTube?** Not all Youtube channels are created equal. Get to know what they're viewing. Here are some places to start and places to get support:
 - [Common Sense Media: A Parent's Ultimate Guide to Youtube](#)
 - [Teen Safe: Safety Not Guaranteed - A Parent's Guide to Youtube Kids](#)
 - [ABC News: Parental Control Guide for Youtube](#)

What Are We Reading

- **Follow:** Have you heard of the documentary "Screenagers?" Well, the film's director, mother and medical doctor Delaney Ruston puts out a great weekly newsletter. The conversation prompts and subject topics are excellent for increasing your digital engagement. [Sign up here.](#)
- **Read:** Want to join the conversation around the million-dollar question: What Age Should I Get My Child A Phone? [Learn more here.](#)
- **Join:** Want to join this FREE opportunity for listening and learning? Check out the [Happily Family Online Conference: Mindful Parenting for High Needs Kids](#). Janell is thrilled to be a featured speaker among many excellent contributors.

Do you have a tech & family question? Email Janell at JBH@JBHwrites.com. Janell will (confidentially) answer one question each month in the newsletter.



*Transforming
Lives Together*



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