

Back to School Tech Tips for Upper Dublin Parents

DISCOVER TECH TREK Your Roadmap for Raising Kids in a Digital World

The Upper Dublin Education Foundation has created a comprehensive online resource specifically designed for our community's families navigating digital parenting challenges.

What You'll Find:

- Social Media Navigation: Platform overviews, safety settings, and building positive online relationships
- Gaming Insights: Understanding online gaming communities and fostering healthy play habits
- Screen Time Balance: Creating sustainable routines that work for your family's lifestyle
- Device Recommendations: There's no one-size-fits-all answer, but there are practical steps that can help you make a confident decision.
- Expert-backed advice from digital wellness specialists like Dr. Devorah Heitner

Visit www.udtechtrek.org to learn more



Guidance by Age

Elementary School



- Use shared family devices only (flip phones, landlines, "dumbphones").
- Introduce digital habits through co-use (parents and kids together).
- Focus on screen time balance and set routines
- Encourage your kids to tell you if they see something online that makes them confused or uncomfortable
- Talk about online kindness and safety early, even if your child isn't online yet.

Middle School



- Start with basic or flip phones—good for safety without the distractions.
- Keep active supervision—review accounts, settings, and online interactions together.
- Guide them in recognizing viral trends, peer pressure, and digital drama.

High School



- Consider smartphone readiness—not just age, but maturity, responsibility, and your "why"
- If introducing social media, begin with private accounts, restricted follower lists, and no content sharing features
- Encourage teens to self-regulate screen time with family agreements or app limits.
- Discuss public content—what it means to have a lasting digital footprint.
- Support healthy online use with open conversations.

