



MARCH MEDIA MENTOR MONTH



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

"True screen wisdom is about relationships. It's about the kinds of connections we can have with one another. It's about trust. And balance."

- Devorah Heitner



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1

Get your child(ren) to show you one thing they created on their device this week.

2

FaceTime a relative with your child(ren). You might need to use the world clock feature to calculate different time zones.

3

Play a video game with a family member.

4

Check your child(ren)'s YouTube settings and help them change to [Safe Search](#).

5

Talk to another parent about digital guidelines in their household.

6

Have a conversation with your child using only emojis.

7

Explore "Do Not Disturb" mode with your child and agree on when and how to use it.

8

Create a family playlist of songs to listen to over the weekend or for a family event. Explore [Spotify](#), [Apple Music](#) or [Amazon Prime Music](#).

9

Ask your child what their favourite video game is and why. Have you played it with them? If not, why not give it a go?

10

Pick out a new app from the app store to explore with your child.

11

Ask your child about which of your digital behaviours bothers them the most.

12

Schedule 30 minutes with your child with all devices turned off.

13

Take a selfie with your child. You might want to try out [Snapchat](#) or [Instagram](#) filters just for fun!

14

Send a digital thank you message to someone you care about.

15

Teach yourself one new thing that you can do online and share it with your child.

16

Do a Google Search of your name. Are you surprised by what you find?

17

Seek your child's permission before sharing a photo of them on social media.

18

Get your child to teach you how to do something new on your phone/device.

19

Begin a conversation with your child(ren) about online pornography in an age appropriate way. [This resource](#) might help.

20

Take a slow-motion video of your child engaged in some sports activity - or even a simple jump shot!

21

Learn a new skill with your child by watching instructional YouTube videos ([like this 12-year old](#)).

22

Model how you search for something online. Share strategies you use if something inappropriate comes up.

23

Listen to a podcast with your child. [Check out suggestions here!](#)

24

Make a [digital photo slideshow](#) to help remember a fun family activity or event.

25

Write down three things you are grateful for that mobile devices make possible.

26

Search for a new recipe and make it with your child. Try [Pinterest](#) or [Yummly](#) for hundreds of options.

27

Have a family discussion about online/in-app advertising. What is the cost of "free"?

28

Find one way to help someone else using your device and do it.

29

Look up the laws for digital streaming in the country you live in & have a family discussion. Then watch a movie together - legally!

30

Take a photo walk around your neighbourhood. The free book [Stories Through the Lens](#) has loads of great tips.

31

Share your favourite YouTube video with your child. What is their current favourite?