

# How to Nurture Healthy Digital Habits This Summer

As the last bell rings and summer beckons ... kids want to stay in touch with friends! These tips will help you guide how your child has fun online.

## 1. Start the conversation.

Explain the importance of passwords and security. Discuss your screen time philosophy. What do kids want to do online over the summer and why?

## 2. Look for quality content.

What content is fair game, and what needs a second look from you? The Family Online Safety Institute is a great resource to find content for kids of all ages.

## 3. Turn screen time into social time.

Empower kids to stay connected to friends and family through [Messenger Kids](#), a safer app where kids can chat with friends and share stories from camp!

## 4. Emphasize online responsibility.

Have regular conversations about what kids send or share. Talk about how online environments are just like the playground: “If you see something, say something.”

## 5. Keep checking in.

Check in to ensure your kid’s online interactions are fulfilling and fun. Follow along online, but keep that conversation offline thriving!

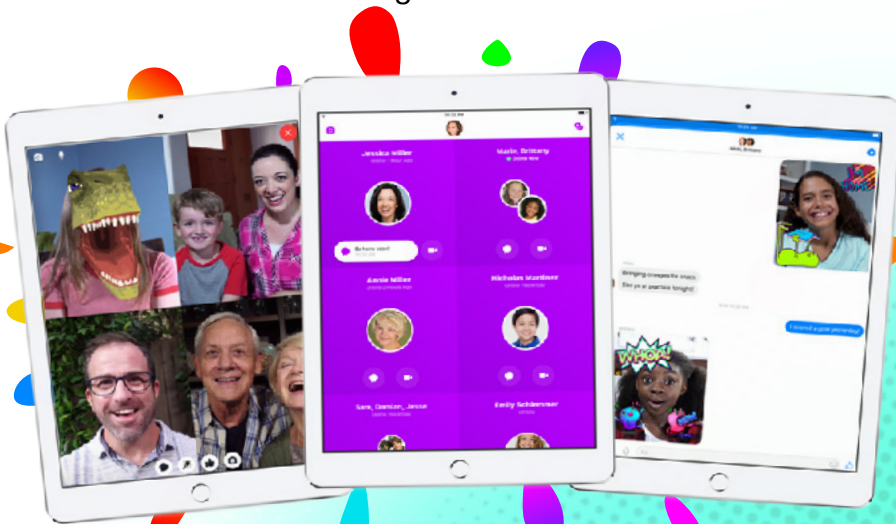


## Messenger Kids

### How It Works

Messenger Kids is a **safer** messaging app that lets kids have **fun** with their friends and family in a parent-controlled space:

- Free messaging and video chat
- Parents control the contact list
- Parents can set “off times” for the app
- Kids express themselves with kid-appropriate stickers, GIFs, and filters
- No ads or in-app purchases



Sponsored by **Messenger Kids**