Keeping Kids Safe Online

Online and digital media has an enormous impact on our children's health, behaviors and academic success. Children today have unprecedented access to media and new technologies. As parents, how can we help them make good choices and navigate their media use safely?

This free workshop will help parents and caregivers learn how to guide their children in avoiding the pitfalls of media and social media use, set healthy boundaries around media and keep their kids safe online. Topics covered will include media impact on sleep, health, anxiety and academics, making rules about media, choosing appropriate media, avoiding online predators and guidelines for using social media in safe and positive ways.

This workshop is offered at no cost to participants and all interested adults are welcome and encouraged to attend. Register at www.crispinshouse.org.

October 18, 2016; 6:30 to 8:00pm
Mountain View Middle School, 41 Lauren Lane, Goffstown

About our trainer: Rona Zlokower, has participated in and led public/private partnerships in the healthcare, corporate and nonprofit sectors for over 40 years. In 2000, Rona created MediaSmart with Selma Deitch, MD, founder of Child Health Services, Manchester, to address the increasing influence of media on children's health and behaviors. In 2007, under Rona's leadership, the program became Media Power Youth, a New Hampshire nonprofit that guides parents and professionals to empower youth to lead healthy safe lives through smart use of media.

Rona served as president of the New Hampshire Task Force on Child Abuse and Neglect, chair of the Corporate Fund of New Hampshire, on the Board of the Women's Fund of New Hampshire and, most recently, on the Governor's Commission Prevention Task Force, Bureau of Drug and Alcohol Services Prevention, NH Dept of Health and Human Services. Rona has a BS from Syracuse University and a Masters in Communications Management (MCM), from Simmons College, Boston.

Crispin's House
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media power youth