



Digital Wellness

with the Center for Online Safety

Center for
Online
Safety

Teens are online an average of 8 hours per day, yet receive little training in how to be responsible, respectful, critical thinkers online. It's our mission to change that through parent support and education, so children and teens can develop a healthy relationship with technology.

The Center for Online Safety offers:

- Written and video **online safety content for parent communications** in newsletters and emails
- **Parent education events and Technology Nights** focused on how to protect children from online threats
- **Training and support for school leaders** on partnering with parents for Online Safety
- **Expert guidance** on selecting and implementing a Digital Citizenship or Digital Wellness program



Educator Training

We guide school leaders in strategies to strengthen parent partnerships for the online safety of students.



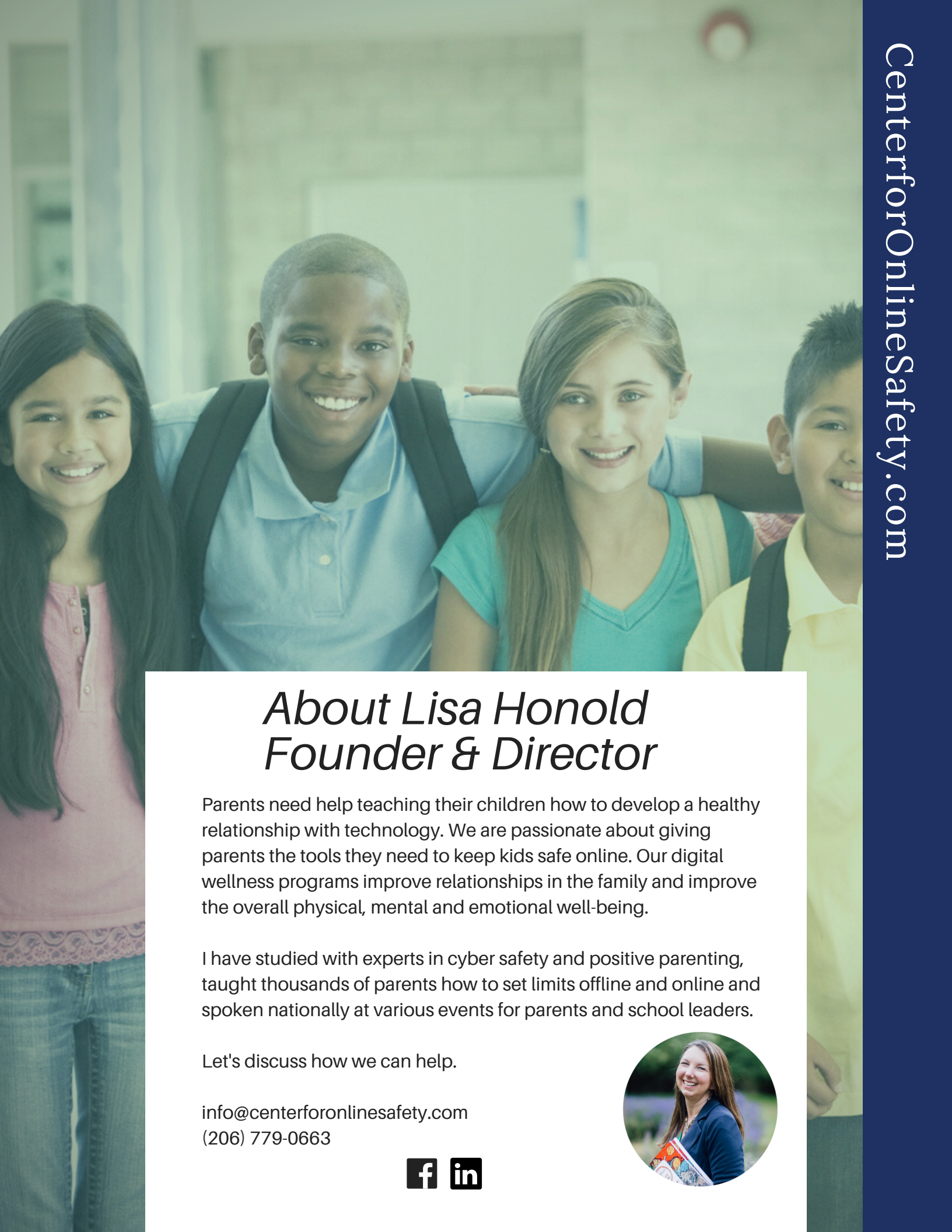
Parent Education

We present dynamic, research-based workshops on keeping children safe online, how to preventing cyberbullying and more.



Comprehensive Online Safety

We assess Online Safety at school districts and work with your team to implement best practices.



About Lisa Honold Founder & Director

Parents need help teaching their children how to develop a healthy relationship with technology. We are passionate about giving parents the tools they need to keep kids safe online. Our digital wellness programs improve relationships in the family and improve the overall physical, mental and emotional well-being.

I have studied with experts in cyber safety and positive parenting, taught thousands of parents how to set limits offline and online and spoken nationally at various events for parents and school leaders.

Let's discuss how we can help.

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