

THE  
**SAFE DIGITAL FAMILY**  
Challenge



Text

**SECURE**

to

**66866**

to get started

Receive one email a day for seven days to help you with the latest parental control ideas for your home.

Emails Include:

- YouTube Restricted Mode
- Understanding Apps
- Setting iOS Screen Time and Content Restrictions
- Google SafeSearch
- The Importance of Accountability
- Social Media and Teens
- Critical Conversations

**Totally Free • Available in English and Spanish**