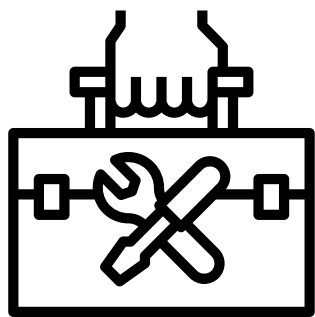


PRINCIPLES TO THRIVING IN THE DIGITAL AGE

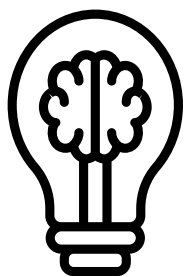
6 Life Hacks For Tweens & Teens



1

PEOPLE OVER PIXELS

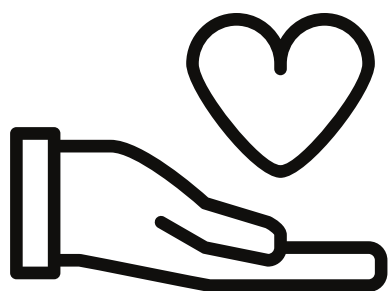
Your phone is a tool not an extension of your body. Just like house hold tools belong in a drawer, so does your phone when it's time to be present with the people who care about you.



2

CREATOR VS CONSUMER

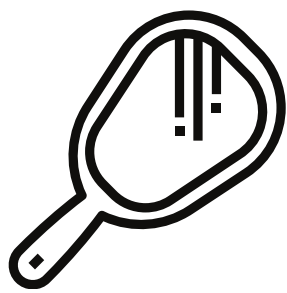
Create real life memories with the people you care about more than you consume the curated online lives of people who don't care.



3

GIVE OVER GETTING

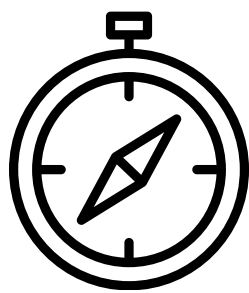
It is proven that happiness is found in what we give, rather than what we get. This runs opposite to the values of Big Tech that monetize our time and attention by appealing to our desire for more.



4

SCREENS VS MIRRORS

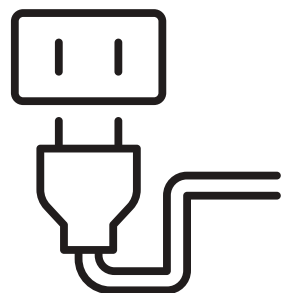
The glass of your screen cannot reflect back the beauty and value of your personhood, only the mirror of friendship can do that.



5

VALUES AND TOOLS

When our values and goals chart the courses of our lives, the brain understands tech as a tool for the journey rather than the destination itself.



6

UNPLUGGED FRIENDSHIP

No amount of likes or followers can ever fill our longing to be seen, known and accepted for who we are. This is where social media ends and authentic friendships begin.



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