



R U N M B

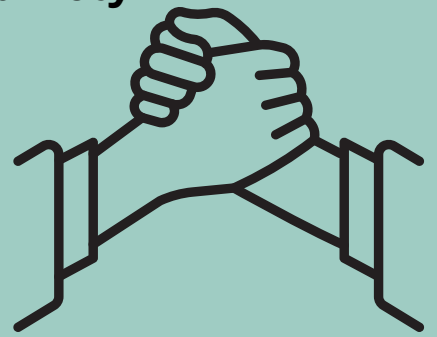
Mentorship in the Digital Age

Leveraging what you already have to maximize how you mentor kids and teens in the digital age.

Relationship

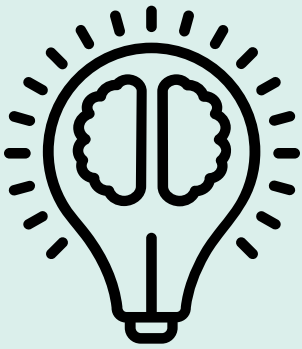
What's matters to you is important to me and what's important to you genuinely matters to me.

Children and teens won't care what you say until they "feel" that you care.



Understanding

Unhealthy choices online are always a poor attempt to meet healthy fundamental human needs.



We need to uncover the "why" behind our children's media habits and empower them to meet these needs beyond screens.

Mentorship

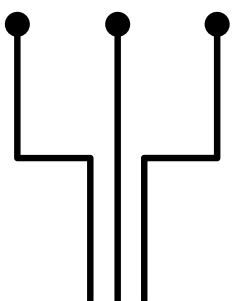
The aim of mentorship is to help teens identify the good and bad values that drive their online choices.

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



Boundaries

The best boundaries are those that protect our kids' 'yes' because they understand the 'why.'



A boundary is more than just a 'rule'; it's a culmination of our core values and life goals that empower us to make choices that support who we are and where we are going.