

## Here's what we covered:

- Our screen is like a big city - sometimes it's unsafe or confusing.
- Not everything on our screen is safe or meant for us.
- Trusted adults can help us stay safe when we're having screen time.

🎵 My Screen is  
Like a City.



## Some conversation starters for home:

- Why do we always hold a trusted adult's hand when crossing a road?
- How can screen time sometimes feel like being in a busy city?
- What does confused mean? Have you ever felt confused when you're using having screen time? What did you do?