



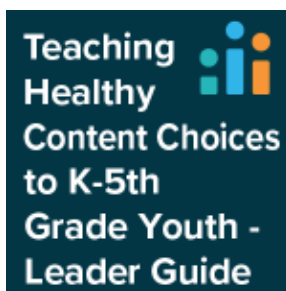
iKeepSafe Cyberbalance and Healthy Content Choices for K through 12th Grade Youth Programs

Kids bodies and brains are impacted by their digital habits. We want them to enjoy a happy and healthy life, and in the digital culture that means maintaining a balance of online and offline experiences and choosing to consume healthy digital content. It's important to be informed and guide young people to use technology

of Jesus Christ of Latter-Day Saints Foundation, gives youth leaders, educators, and parents the tools needed to help youth maintain cyberbalance and make healthy content choices. The Cyberbalance and Healthy Content Choices for K through 12th Grade Youth programs address the technology challenges that emerged from iKeepSafe's research and the framework provided by leading experts in digital health, media health, pediatrics, social science, and sexual health. **Each program comes complete with youth leader guides and videos, discussions, videos and books for youth, and supporting activities.** The programs include a downloadable digital PDF Leader Guide containing all instructions, links, and handouts needed to deliver well-prepared meetings with youth. Programs are divided into age groups K-5 and 6-12 grades.

Download the all-inclusive Healthy Content Choices and Cyberbalance Youth Leader Guides:

Simply click the highlighted text to directly download the Leader Guide PDF's. All files and links are included in the Leader Guides. You may also access the associated videos by following the corresponding links below.

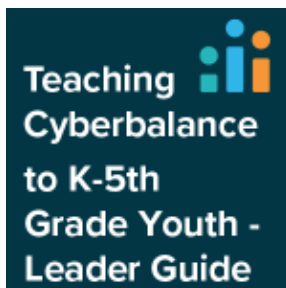


Healthy Content Choices for 6-12th Grade Youth – Leader Guide

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Teaching youth about choosing healthy content online is a vital part of helping them succeed in our digital world. Whether exposure was accidental or intentional, exposure to pornography and violent media is a normative experience for young people, and is an aspect of technology that needs to be addressed with teens. This guide addresses technology challenges and solutions to help families and communities work towards digital health.

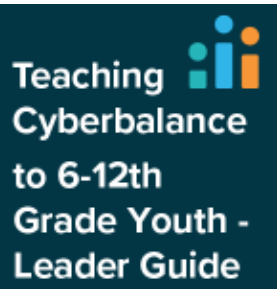
- *Healthy Content Choices for 6-12th Grade Youth – [Leader Guide PDF](#)*
- iKeepSafe Youtube Playlist: [Wise Tech Choices: Healthy Content](#) (Find all associated videos here)
- [The Science of Pornography Addiction](#) video



Cyberbalance for K-5th Grade Youth – Leader Guide

In our enthusiastic embrace of digital capabilities, many have lost their balance. Instead of being disheartened, parents and youth leaders can work together to help children regain control over their behaviors, and to use these powerful tools mindfully. This guide features a compelling children's book and offers correlating activities to help families and communities work towards digital health.

- *Cyberbalance for K-5th Grade Youth – [Leader Guide PDF](#)*
- KeepSafe Youtube Playlist: [Wise Tech Choices: Cyberbalance](#) (Find all associated videos here)



Cyberbalance for 6-12th Grade Youth – Leader Guide

Learning how to balance time spent online with all of life's other activities is one of the great challenges of the digital age. Youth leaders and parents can help youth feel empowered to use technology in ways that enhance their relationships, improves their wellbeing, and makes them more productive. This guide addresses technology challenges and solutions to help families and communities work towards digital health.

- *Cyberbalance for 6-12th Grade Youth – [Leader Guide PDF](#)*
- KeepSafe Youtube Playlist: [Wise Tech Choices: Cyberbalance](#)
(Find all associated videos here)

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