

Here's what we covered:

- Our screen is like a big city - it can sometimes be unsafe or confusing.
- Not everything on our screen is safe or meant for us.



- Trusted adults can help keep us safe when we're having screen time.



Some conversation starters:

- Why do we always hold a trusted adult's hand when crossing the road?
- How can screen time sometimes feel like being in a busy city?
- What does "confused" mean? Have you ever felt confused while using your screen? What did you do?
- Listen to [My Screen is Like a City](#) & [Trusted Adults](#)



Listen to all of our songs by searching for "ScreenTime Superstars" on Spotify, Apple Music, or YouTube.