



Dr Tracy Bennett

SCREEN SAFETY PARENTING EXPERT

about

Dr. Bennett is a screen safety expert who teaches families how to strengthen relationships AND achieve screen sanity. She is founder and CEO of GetKidsInternetSafe (GKIS) and author of Screen Time in the Mean Time: A Parenting Guide to Get Kids and Teens Internet Safe. In her work as a clinical psychologist over 25 years, she sees the impacts of digital injury and how to treat and prevent it. After being distracted by the loss of her parents, she needed answers for her own kids; shame-free, actionable strategies that work. They weren't out there; so she committed to the GKIS mission. Her research and teaching as adjunct faculty at CSUCI complement her feet-on-the-ground practical skill set. She is currently on the expert panel for Facebook's Messenger Kids, consults with experts in technology and education, and has served as Global Ambassador of TeenSafe. She appears on Access Hollywood Live and various national radio and television news programs. Her media appearances, keynotes, blog articles, and online parenting programs make a powerful impact on families.

DrTracyBennett.com



subscribers

GetKidsInternetSafe.com

1,408

1,438

520

1,696

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consultant

I provide mission-driven business consultation and strategic partnership with customers who develop, implement, and utilize tech products for children, teens, and parents. Consistent with my mission to help families prevent and heal from digital injury while building stronger relationships, I advise customers how to interface with families in a mutually beneficial, positive way.



media expert

I've appeared as a Screen Safety Parenting Expert on Access Hollywood Live and national radio and television news programs. My keynotes, blog articles, podcast/radio interviews, media appearances, and online parenting programs make a powerful impact on families. My expert Internet safety and parenting articles have been published by Healthy Living Magazine, Moms Magazine, Mamapedia, and The Good Men Project, among others.

keynote speaker

I love the vibrant energy of speaking from the stage about the impact of screen media on children, teens, parents, and employees. My audiences are from schools, PTA & parenting groups, religious groups, community and nonprofit organizations, and small businesses and corporations. I focus on the healthiest practices for screen use and the importance of attracting and maintaining meaningful, cooperative relationships.



Dr Tracy Bennett

Screen Safety Expert

CEO GetKidsInternetSafe

Author of Screen Time in the Mean Time: A Parent Guide to Get Kids
and Teen Internet Safe

Mom, Psychologist, CSUCI Adjunct Faculty



Audience

Employees, parents, tweens, & teens from:

Schools

PTAs & parenting groups

Religious groups

Community organizations

Corporations & nonprofit organization

topics of expertise

The red flags of screen addiction

Workplace and academic efficacy with screens

Screen impact on child & teen development

Sensible screen guidelines

Social media & screen smarts

How to build child resilience in the digital age

Advanced parenting strategies for sensible screen management

How to build a positive parent-child alliance around effective screen time negotiation

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ask dr bennett

All of us are addicted to our screens. What are your tips for screen sanity?

What are your top three concerns about screen risk? Top three benefits?

Parents report that their kids come unglued when they try to manage their screens. Does that mean they're addicted? What can parents do about that?

When is it OK for kids to play educational games? Do you have age guidelines for healthy screen use?

Now that kids must have screens for homework, how can parents get ahead of that?

The FBI reports that on-screen child sexual abuse is at an all-time high, what are your best tips for safety and prevention of harm?

Do screens help kids learn better or are they a distraction? As an educator, what is your sense of the best role for screen use in the classroom and for homework? If parents don't allow screen use, are they harming their child's learning potential?

The terms of agreement for social media platforms is 13 years old, yet 4 out of 5 tweens are on social media before the age of 12. Why do parents let that happen? Is it a big deal or is it a real safety concern for kids?

Millenials are sexting. Their parents are terrified about it. Is this the new sexual norm? What's the big deal?

We are reported to be the loneliest population despite being highly connected online. What drives the need for online "likes"? What are the risks and benefits of virtual connection?

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There is controversy about whether screen use is actually a clinical addiction? What do you think?



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