



# Dr Tracy Bennett

SCREEN SAFETY PARENTING EXPERT

## about

Dr. Bennett is a screen safety expert who teaches us how to deeply reconnect with our lives and those we love. Preventing digital injury instead of just treating it. She is founder and CEO of [GetKidsInternetSafe](https://www.getkidsinternetsafe.com) (GKIS) and author of [Screen Time in the Mean Time: A Parenting Guide to Get Kids and Teens Internet Safe](https://www.getkidsinternetsafe.com). 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.

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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. I also offer efficiency hacks for overtasked employees to improve morale, productivity, and overall wellness.



## 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

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*"My mission is to help us deeply reconnect with our lives and  
with those we love.  
Preventing digital injury instead of just treating it."*

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## 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

Have screens hijacked our brains, our kids, our families? Are we screen addicted? How can we achieve efficacy and screen sanity?

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

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Kids come unglued when parents take their screens away. Is screen management, safety, and a peaceful, happy home possible?

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

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

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

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Do screens help kids learn better or are they a distraction? As an educator, how much should screens be integrated into the classroom? If parents don't allow screen use, are they harming their child's learning potential?

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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?

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Millenials are sexting. Their parents are terrified about it. Is this the new sexual norm?

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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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# Intro from Dr B's Book

In modern times, child screen use has had a greater impact on the American family than anything since the abolition of child labor in 1938. Parenting has become a full-time preoccupation. Kids don't labor for parents, parents labor for kids. Because of what we perceive as society's high expectations of parents, raising healthy, happy kids has become overwhelming. We are expected to faithfully care for and entertain our children most of our waking hours without complaint. Although parents are waiting later to have kids and having fewer kids per family, with both parents working and the disappearance of extended family help, we have fewer supportive resources than ever before.

Even with little support, we have been accused of "helicopter parenting" to keep our kids safe and successful. We too often expect our kids to earn 4.0 GPAs, awards in robotics, and trophies in sports. Cs aren't "average" anymore, now they're a mark of parents not helping enough with homework. Our fear that we aren't doing enough trickles down to our kids in the form of encouraging lectures and, too often, scathing shame and disappointment. We know this is too much pressure. So in between the "enriching" activities we work so hard to provide, we allow them leisure time...more leisure time than any children in history.

Parents are no longer willing to order their kids to go play outside until the streetlights come on. It's too scary knowing what we do about child predators, bullying, sex, and drugs. To keep kids safe, we shelter them inside our houses to save them from the world's perils. Instead of running amok like we did with hordes of neighborhood kids creating spontaneous, street-smart missions, they watch screens. And while they're on their screens, we're also on ours. Screen time gives us much needed breaks and provides what we hope is enriching content and a primer in digital literacy. But the troubling behaviors our kids demonstrate while compulsively viewing videos, social media, and video games eerily resemble signs of addiction. And we are the dealers, providing screens too often while they're too young. We are hooked too. We feel guilty, but it's often the best we can do. Screen technology has transformed childhood and parenting.

As a clinical psychologist who has worked with families for more than twenty-five years, I believe the state of families is not actually as dire as this scenario suggests. With the education that information technology affords us, modern-day parents are generally informed, empathetic, and strategic. As a result, kids are as capable and emotionally sophisticated as ever before. But inappropriate screen content and too much screen time is rapidly becoming an epidemic problem. Families need more support to achieve optimum balance, without the shame and the blame.

[Screen Time in the Mean Time](#) offers that support. Because we can all use a go-to quick parenting guide at our fingertips, I've begun Chapters One through Four with what-to-dos to keep our kids screen safe, followed by the developmental reasons why the particular strategies fit. For the reader who prefers to skim past deeper explanations and brain facts, they may find the sections with what-to-do parenting strategies to be just right. While other readers who want to know why these strategies work will appreciate the more technical developmental applications. Chapters Five through Eight cover the complex and often surprising risks and benefits of screen use. Parents appreciate learning about the interesting facets of screen use and are often eager to share the knowledge with friends and family. We all want to be our children's go-to person when they are hurting or in trouble. With the relationship-building strategies in Chapter Nine, you can learn to form a stronger, more positive connection and get important conversations started. Chapter Ten offers the innovative, effective parenting strategies I teach in my practice every day. As our kids get more mature and educated by the Internet, we must be increasingly informed and innovative in our parenting. Finally, Chapter Eleven pulls it all together and offers answers to real life parent questions. [Screen Time in the Mean Time](#) will equip you with the tools you need to get your kids screen safe while rebooting your powerful parent-child connection. It's time to let go of the guilt.