



# Bio

Tracy Bennett, Ph.D.



Dr. Bennett is a licensed clinical psychologist and 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. She has been in private practice for over 25 years and is Adjunct Faculty at California State University Channel Islands.

In her work as a clinical psychologist, Dr. Bennett 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 (Addiction Studies, Clinical Psychology, Parenting, Directed Studies) complement her feet-on-the-ground practical skill set. She consults with experts in technology and education and has served on the Youth Advisory Team for Facebook's Messenger Kids and was Global Ambassador of TeenSafe. Her television and radio appearances, keynotes, blog articles, and online parenting programs make a powerful impact on families.

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