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Guest topic snapshot

"Raising Teens in the Digital Age Is Hard—But Fear Is Making It Harder"

Parents are worried about screens and social media—and for good reason. But fear-based solutions often backfire, creating more anxiety instead of reducing risk or building connection. Erin helps parents shift from panic to presence, using brain science and practical tools to guide families through the digital age.

Suggested episode titles

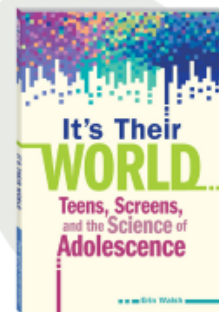
- Ditch the Fear, Embrace the Nuance
- Arguing With Your Teen About Tech? Try This Instead
- Mad at Big Tech? Teach Teens to Follow the Money (Don't Just Take Their Phones)
- #MentalHealth TikTok - Talking Points for Teens
- What If We Stopped Blaming Phones for Everything?

Talking points

- How to move from fear to curiosity in digital parenting
- Why developmentally attuned strategies work better than bans
- What neuroscience tells us about teen, screens, and mental health
- How to communicate with teens without killing the conversation

As heard on

- [Talking Pediatrics](#)
- [Connected & Courageous](#)
- [Healthy Screen Habits](#)
- [The Reflective Teacher](#)



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A compassionate, research-driven guide to parenting teens in the digital age. Offers actionable strategies to navigate digital life while staying rooted in relationship.