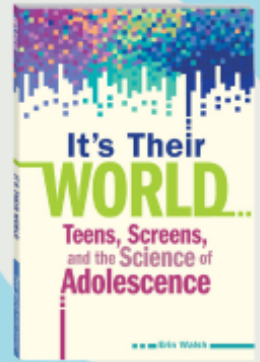




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The Washington Post



TALKING PEDIATRICS
A CLINICAL PODCAST BY Children's Minnesota



PrairieCare



From Panic to Presence

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

Parents and professionals alike are worried about screens and social media—and for good reason. But fear-based responses often backfire, creating more anxiety instead of reducing risk or building resilience. Erin helps adults shift from control to connection, sharing science and practical strategies for guiding tweens and teens through the digital age.

Suggested episode titles

- Anxious about “The Anxious Generation”? Try this next
- Arguing With Your Teen About Tech? Try This Instead
- Mad at Big Tech? Teach Teens to Follow the Money
- #MentalHealth TikTok - Talking Points for Teens
- What If We Stopped Blaming Phones for Everything?

As heard on

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

Talking points

- How to move from fear to curiosity
- Why developmentally attuned strategies reduce risk
- What science tells us about teen, screens, and mental health
- How to tackle tough topics (cyberbullying, sexting, etc..) without killing the conversation

Audience Giveaways include

- I'd Rather Inventory for Digital Wellbeing
- Compassionate First Device Guide

“

I felt cradled in the warm arms of well translated, organized science I can implement immediately!

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“

Amazing! Erin is so real and relatable. I could have listened to her for hours!

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