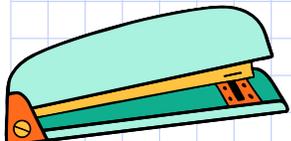
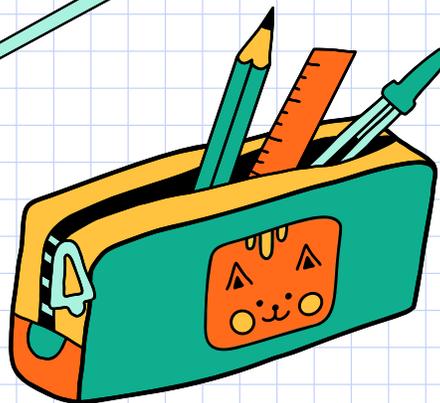
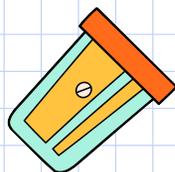
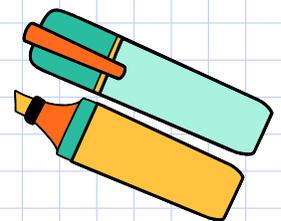
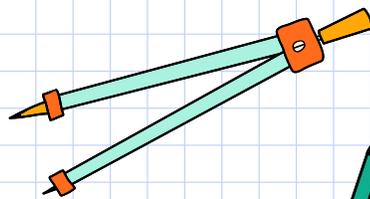
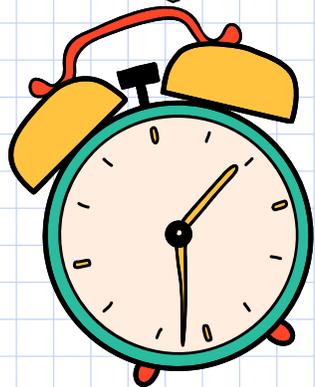
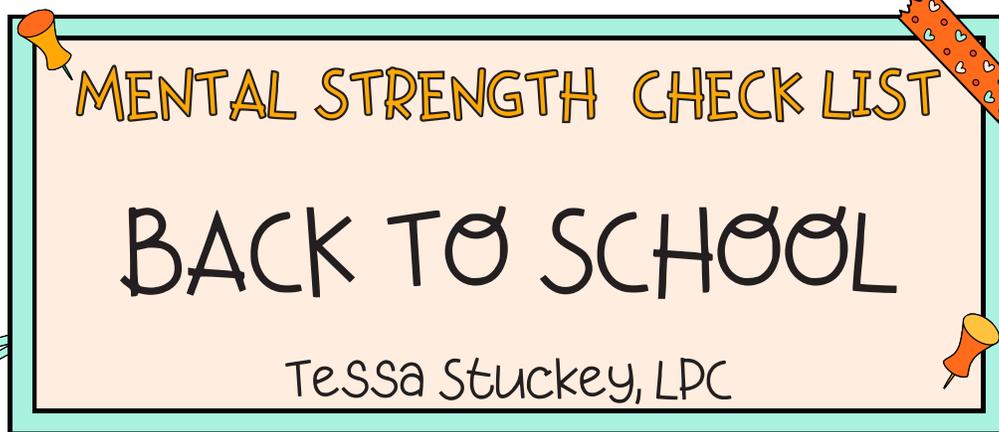




BACK TO SCHOOL GUIDE

Tessa Stuckey, LPC
www.projectlkup.org





A quick check-in to help you feel grounded, confident, and ready for the day/week/semester.

When I feel overwhelmed, I can...

(List one or two things that help you calm down or reset.)

Someone I trust and can talk to is...

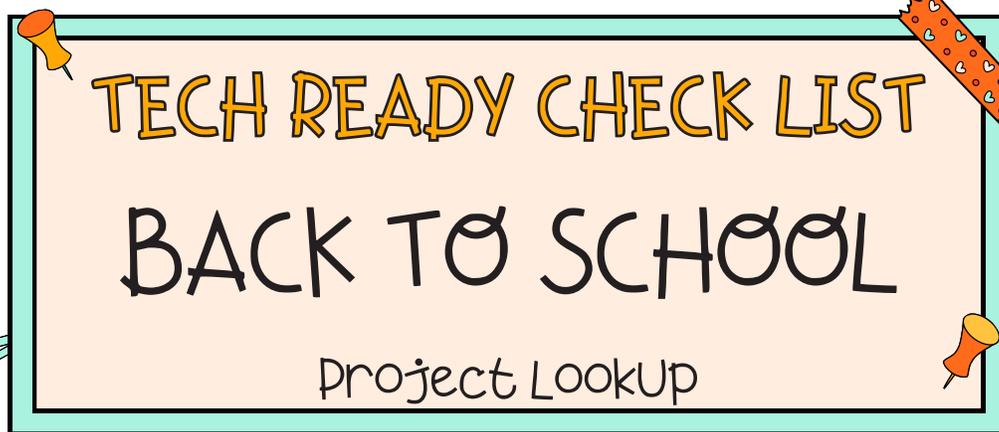
A challenge I've overcome recently is...

One thing I like about myself is...

When I mess up, I usually tell myself...

(Now, rewrite it as something kinder you could say to yourself.)

When I'm struggling I will remind myself...



Devices

- Does your child's device have parental controls in place?
- Have you reviewed or updated app/game permissions?
- Is the device set to shut off or limit access at night?

Sleep Habits

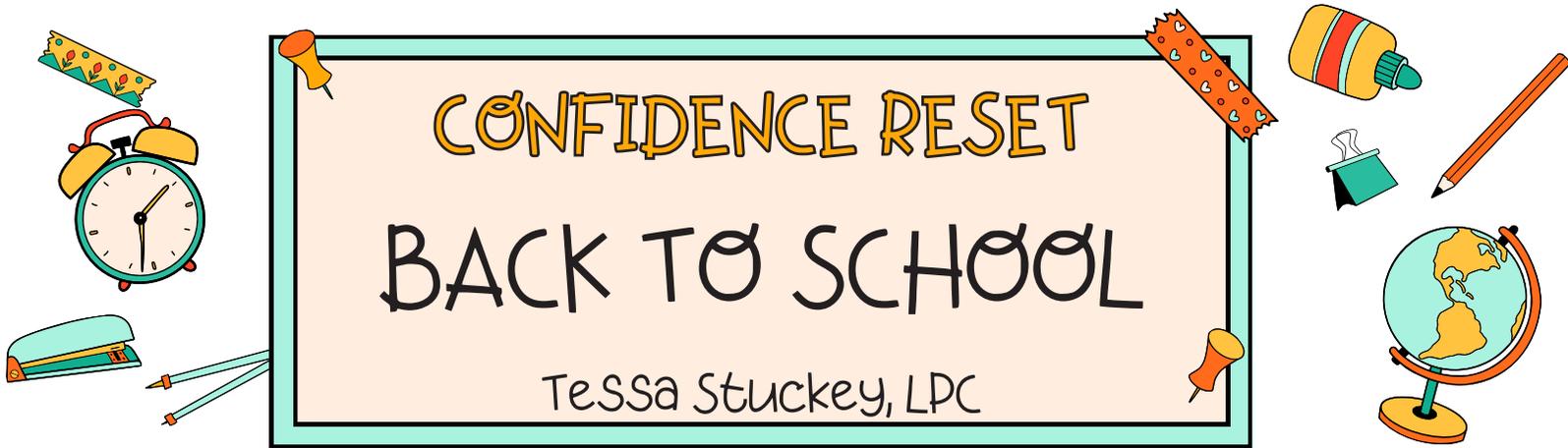
- Are devices out of bedrooms overnight?
- Is screen use ending at least one hour before bedtime?
- Have you discussed the importance of sleep and digital rest?

School Success

- Is there a screen-free zone for homework and studying?
- Have you set boundaries around multitasking with screens while doing homework?
- Are teachers aware of your family's tech values?

Mental & Emotional Health

- Have you talked about online pressure, comparison, and FOMO?
- Does your child know how to come to you if they see something upsetting or get a DM from a stranger?
- Have you reviewed basic digital safety skills (reporting, blocking, private settings)?



Back-to-school isn't just about new shoes and sharpened pencils — it's also a fresh opportunity to strengthen our kids from the inside out. Here are a few ways you can support your child's mental and emotional wellbeing this semester:

Build Confidence Through Small Wins

Confidence doesn't just appear — it's built through action. Help your child recognize and celebrate even the tiniest wins: turning in an assignment on time, asking for help, getting through a hard day. These moments add up and create a strong internal foundation.

Teach Coping Skills That Stick

Instead of fixing every problem, coach your child through it. Try things like deep breathing, journaling, going for a walk, or taking a tech break. Normalize emotional ups and downs. The goal isn't to avoid stress, but to get better at managing it.

Try the Need/Should/Want/Can Exercise

A great weekly or daily tool to help overwhelmed students sort through tasks and priorities:

- What do I **need** to do?
- What **should** I do (important but not urgent)?
- What do I **want** to do (fun, rewarding)?
- What **can** I do (realistic for today)?

This simple framework builds executive functioning and time management skills — all while reducing anxiety.

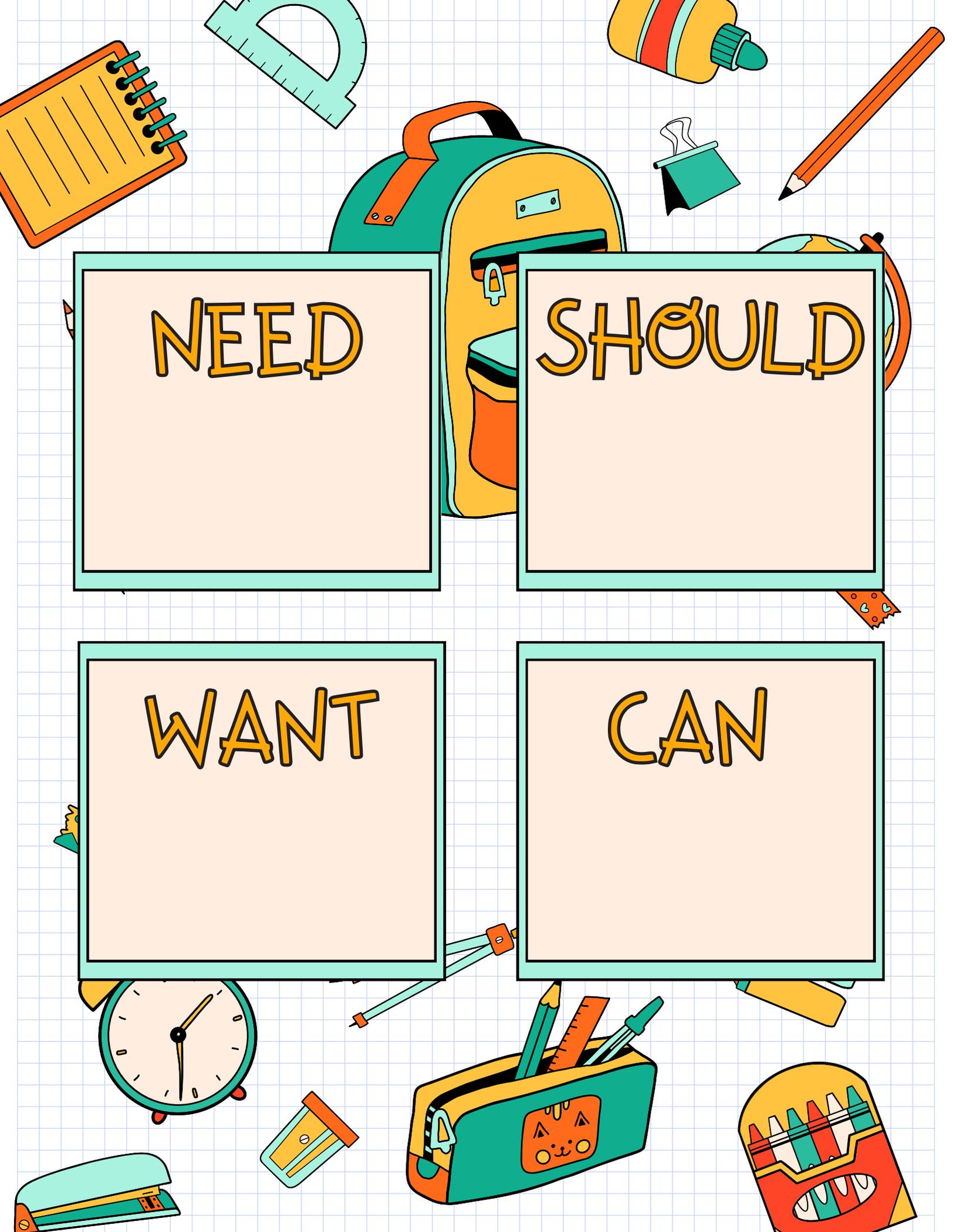


Find Something to Look Forward To

Anticipation is powerful. Whether it's:

- A weekend sleepover
- A mid-semester family dinner out
- A holiday trip or break
- ...having something to look forward to keeps kids motivated and hopeful. Help your child set weekly, mid-semester, and end-of-semester "joy checkpoints."





NEED

SHOULD

WANT

CAN



Make a space where your child can focus, think, and learn — without distractions.

Ideas for Parents:



Choose a quiet space in a shared area (kitchen table, dining nook, side desk in a hallway)



Remove all non-school tech (no TVs, no phones in reach)

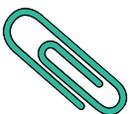


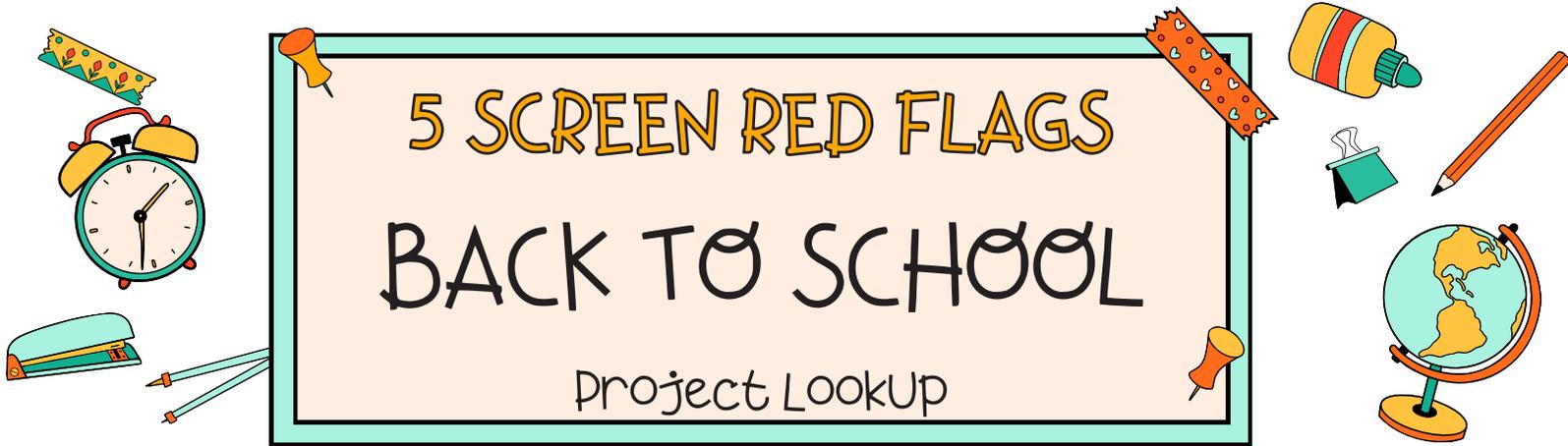
Use a paper planner or whiteboard for task tracking

Add simple supplies: pens, paper, timer, water bottle



Consider soft lighting and calming elements (plants, lamp, no LED lights)





These red flags aren't cause for panic — they're invitations for open, judgment-free conversations.

Your teen's device is a window into their world.

And while they deserve space, they also need your guidance to navigate digital life safely.

If you see one or more of these signs, ***lean in with curiosity, not control.***

Try this:

"I'm here to help, not punish. Can we check in about how things are going online? I want to make sure you feel safe and supported."

1. Sudden Shift in Behavior or Mood

Your child becomes unusually withdrawn, anxious, irritable, or secretive — especially after using their device. These emotional shifts can signal online bullying, exposure to inappropriate content, or unhealthy digital habits.

2. Hiding Screens or Quickly Switching Apps

If they suddenly turn off the screen, flip the phone over, or close apps when you walk into the room, they may be hiding conversations, content, or apps they don't want you to see.

3. Use of Vault or Disguised Apps

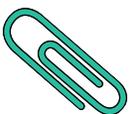
Apps that look like calculators, notes, or games may secretly store hidden photos, messages, or browser history. If you spot one of these, it's time to investigate.

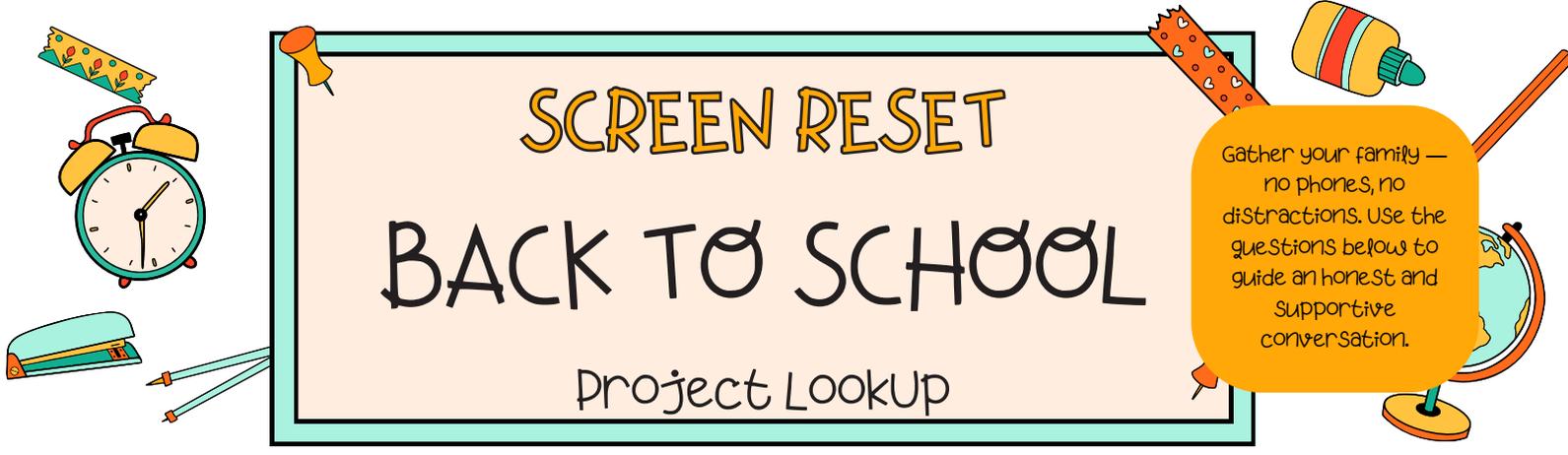
4. Nighttime Screen Use and Sleep Disruption

Using devices late into the night can impact mental health and may point to addictive patterns or secretive communication happening when parents aren't watching.

5. Drastic Drop in Academic or Social Engagement

If grades start slipping, extracurriculars lose appeal, or they withdraw from family and friends, screen overuse or harmful online interactions could be contributing factors.





SCREEN RESET BACK TO SCHOOL Project Lookup

Gather your family — no phones, no distractions. Use the questions below to guide an honest and supportive conversation.

Start the school year with intention, clarity, and connection.

Why Do a Family ReSet?

Each new school year is a chance to pause, reflect, and realign. This guide helps your family check in with each other, set healthy screen boundaries, and make choices that support connection and well-being.

1. What's working with screens in our home right now?

(Look for positive habits, like screen-free dinners, shared movie nights, or tech-free mornings)

2. What's not working?

(Talk about late-night scrolling, distractions during homework, device fights, etc.)

3. What do we want this school year to feel like?

(Focused? Calm? More connected? More creative?)

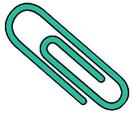
4. How can screens help us — and where do they get in the way?

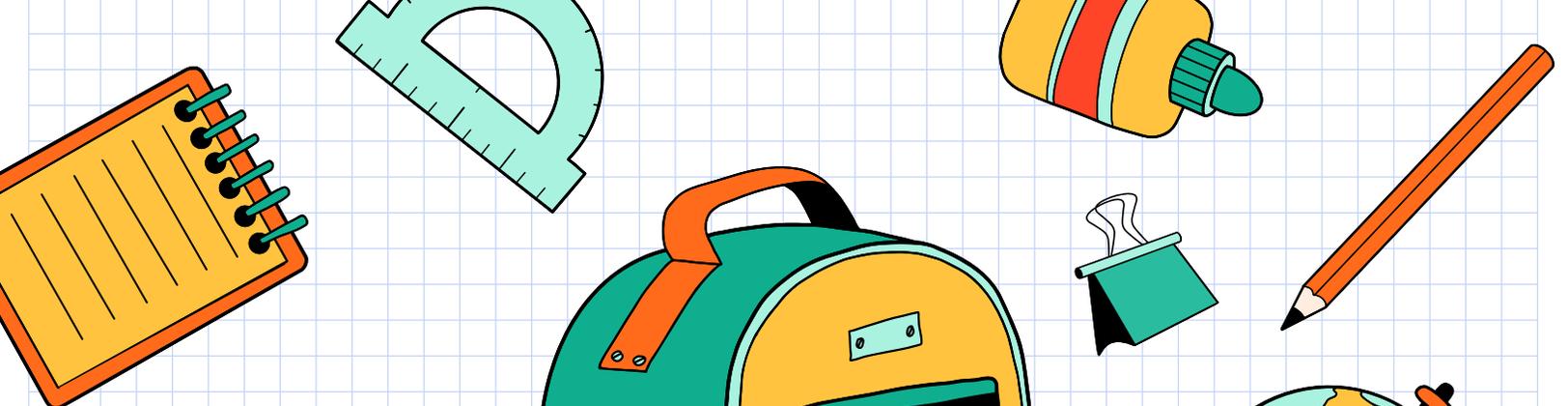
(Think about helpful uses like school tools or FaceTiming Grandma vs. doom scrolling and comparison)

Commit to One New Boundary:

This school year, we commit to:

(Example: "No phones in bedrooms after 8:30," "30 minutes of screen-free play after school," "One screen-free day per week")





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FINAL REMINDER

You don't have to be a tech expert to be a present parent.
Watch with love. Ask with care.
And remember — it's not about catching your teen doing
something wrong...
It's about keeping them connected to what's right.

