

## Common Sense Media

Social media continues to be a powerful source in our daily life. Our kids spend countless hours on smartphones, tablets and computers. They receive information that affects their thoughts, emotions and choices.

*Common Sense Media* is a part of a non-profit organization that helps families learn to use media wisely and safely. They offer tips on:

- Good books for kids.
- Fun and essential apps.
- Smart use of screen time.

- Movie and TV picks.
- Making a family media plan.
- Resources for kids with special needs.
- Cyberbullying, and more.

Use their easy-to-read and follow “Best of” lists. They organize them by age group. Read about other parents concerns. Learn tips to navigate media and technology.

TO LEARN MORE:

- Visit [www.commonsensemedia.org](http://www.commonsensemedia.org)



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital  
to help keep kids safe, healthy and happy.*



**Call the Parent Help Line. Help is just a phone call away.**

1-217-544-5808 or 1-888-727-5889  
10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

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