



Parenting in the Digital Age: Guiding Without Controlling

Modern parenting has entered uncharted territory. With almost every teenager owning a smartphone in France, parents struggle to protect their children online without invading privacy.

Research shows **over 80%** of parents are concerned about screen addiction, yet fewer than half feel confident setting clear rules or discussing digital risks openly. This lack of confidence widens the communication gap.

Experts suggest that open dialogue, co-viewing, and teaching critical thinking (**not just limiting time**) are key to true digital balance. In a world of endless scrolling, parenting has become a lesson in connection as much as control.



Screen Time and Self-Esteem: A Growing Digital Struggle

For many French teens, screens have become inseparable from daily life.

Nearly all use social media every day, and many feel uneasy when disconnected. What began as **connection** now fuels **comparison** — shaping how young people see themselves.

Excessive screen time is increasingly linked to **lower self-esteem** and **emotional stress**, yet few adults feel ready to guide teens through this digital maze.

Still, hope lies in new school programs that teach digital awareness and emotional balance — helping students value real connections over virtual approval.

