

# EmpowerMe

## OFFERINGS FOR STUDENTS



## STUDENT CLASSES

### IN-PERSON DIGITAL DRIVER'S LICENSE COURSE \$3,500

- Five-session course taught by EmpowerMe that builds confidence and care in navigating the digital world.
- Core skills: digital etiquette, online safety, cyberbullying prevention, digital-drama management, safe texting/social-media habits, and healthy screen-time balance.

### FLEXIBLE DIGITAL DRIVER'S LICENSE COURSE \$2,500

- Begins with a live EmpowerMe Digital session on balance, self-agency, and the impacts of screen time on overall well-being.
- Then shifts to a flexible, school-led format where teachers use our slides, curriculum, and teacher's guide to run engaging lessons and activities.
- Covers same core skills as in-person course listed above

## STUDENT WORKSHOPS

### DIGITAL WELLNESS 101 STUDENT WORKSHOP \$350

- Introduces the importance of screen time balance to students by helping students reflect on the devices and apps they use, why they use them, and how online choices impact their well-being.

### MINDFULNESS, MENTAL HEALTH, AND SOCIAL MEDIA STUDENT WORKSHOP \$475

- Two-session workshop that trains upperclassmen to mentor younger students on healthy screen use, digital balance, and navigating school phone restrictions or bans at school.

# EmpowerMe

OFFERINGS FOR PARENTS  
& FAMILIES



## PARENT SESSIONS

THE THREE PILLARS OF DIGITAL WELLNESS: \$400  
PARENT PRESENTATION

- Introduces parents to the three pillars of digital wellness, offering clear, actionable steps for creating healthy digital households, supportive communities, and balanced digital lives for their children.

SETTING UP DEVICES FOR SUCCESS \$500

- Parents get hands-on support configuring their children's devices with healthy screen-time and downtime settings.
- Families leave with a clear, confident plan—and fully set-up devices—to promote balanced digital habits and overall well-being.

## FAMILY CONSULTATIONS

FAMILY DIGITAL WELLNESS CONSULTATIONS

PRICE VARIES  
BASED ON  
PACKAGE

- Personalized session(s) to help parents set healthy tech boundaries and create sustainable digital habits for the whole family.
- Includes expert consultation(s), device safety audit, custom family plans, and coaching sessions to boost family connection, confidence, and digital well-being.

INTERESTED IN ANY OF OUR  
OFFERINGS?

Reach out to [empowerdigital@gmail.com](mailto:empowerdigital@gmail.com)