

# OVERVIEW FOR PARENTS HT4

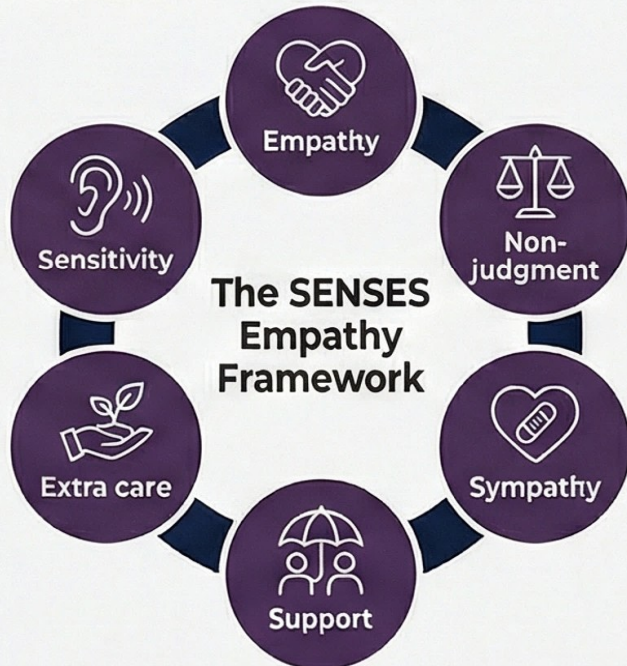


**TEXT SUMMARY:** The One Life framework emphasizes holistic “fitness”—physical, social, and mental. This guide focuses on two critical pillars: developing internal empathy through the SENSES framework and protecting children against modern digital risks like AI-generated content and online conduct.

## EMPOWERING INTERNAL & SOCIAL COMPASSION

### Activate Your Inner Cheerleader

Use non-judgmental self-talk to build resilience and manage internal threat responses.



**the Stereotype**  
Assumptions to treat every child as a unique, bright light.

## NAVIGATING THE DIGITAL LANDSCAPE



**Emerging AI & Deepfake Risks**  
Stay vigilant against AI-generated abuse material and sophisticated, motivated digital scams.

**Critical Evaluation**  
Teach children to evaluate social media content and avoid algorithmic “rabbit holes” that lead to harmful content.