



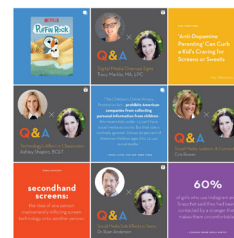
Teacher Training Followup

Thank you for attending our DopaMind training! Below is a recap of key information along with resources to help empower you and your students to create a healthy relationship with technology. Underlined text is hyperlinked for quick and easy reference:



Our [pilot video](#) for kids explains the basics of dopamine, how the reward center works in the brain, and how dopamine surges and dips can affect mood. It also explains how video games feed dopamine and what to do if you have a big feeling. Illustrated by DopaMind co-founder and award-winning children's book author Bethany Barton and narrated by Emmy Award-winning actor and former *Glee* star Darren Criss!

Our [Instagram](#) is a great resource for educator-geared content including tips, expert interviews, current articles, research, and more. It's designed to deliver information in bite-sized pieces for parents and teachers that don't have a lot of time. It includes many of the topics and principles covered in the presentation and more. Shorter clips of our expert Q&A interviews are also on [TikTok](#).



If you are ready to go more in-depth, our podcast can be found on [Spotify](#) or [YouTube](#). The podcast explores the relationship between technology and mental health and contains interviews with DopaMind contributing experts including digital wellness educators, family therapists, doctors of psychology, education therapists, and best-selling authors in relevant fields.

HOW YOU CAN HELP OUR MISSION TO BRING DIGITAL WELLNESS TO ALL KIDS

Google Forms



GIVE YOUR FEEDBACK

We need data to measure success for scaling. It takes only two minutes to fill out our [anonymous feedback form](#).

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HELP US FUNDRAISE

Ask friends and family to support DopaMind with a [tax-deductible individual contribution](#).



INTRODUCE US

Send an introduction email to other teachers, schools, PTA's or businesses recommending our [programs](#).



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Have a specific question or want to connect us with another school or business? Email us at dopamindkids@gmail.com.