

Empowering Children in the Online Era with Katie Schumacher

February 14, 2025

By Candace Dellacona

In this episode of *The Sandwich Generation Survival Guide*, host Candace Dellacona welcomes Katie Schumacher, founder of Don't Press Send, to discuss the challenges and responsibilities faced by the sandwich generation when managing children's internet usage, the emotional disconnect fostered by screens, and the importance of teaching empathy.

Katie shares her journey of creating Don't Press Send, offers tips for parents and teachers on promoting digital wellness, and underscores the crucial role of mindful social media usage. She also dives into practical strategies for dealing with cyberbullying and the negative impact of social media on children's mental health. The episode concludes with actionable advice on how to create a supportive environment for kids navigating the digital landscape.

For more information, visit:

- <https://dontpresssend.com/>
- [Don't Press Send TEDx Talk](#)

To purchase Katie's books, visit:

- [DontPressSendBook.com](#)
- [ByeByeWiFiBook.com](#)

Follow Don't Press Send on social media:

- [Facebook](#)
- [Instagram](#)
- [TikTok](#)
- [X](#)
- [Medium.com](#)