



mindfulbytes

MindfulBytes Program Overview

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A program of NM-CCCR

WHAT IT IS

MindfulBytes is a K-5 digital wellness program that teaches children to notice how technology makes them feel — in their bodies, in real time. We don't restrict screen time. We build awareness.

Our approach is grounded in interoceptive awareness — the science of reading your body's internal signals. When children learn to recognize what their body is telling them before, during, and after screen use, they develop an internal compass for navigating digital life that no rule, filter, or timer can replace.

MindfulBytes is where cybersecurity expertise meets developmental science. Born from 25+ years of protecting digital systems across the Pentagon, Los Alamos, Boeing, and IBM, informed by cutting-edge research at Harvard's Center for Digital Thriving, and built for the children who need it most.

"We are not in the business of building armor for children. We are in the business of teaching them to feel the weather — so they can dress themselves, for the rest of their lives." — M.C. Davis

WHO IT'S FOR

Elementary students (K-5): Age-appropriate activities adapted for each developmental stage — from body weather reports for kindergartners to digital forecasting for fifth-graders.

Teachers and educators: Practical tools that integrate into existing instruction without adding to your plate. The three-moment structure (before/during/after screen use) takes 60-90 seconds.

Parents and families: Home exercises and conversation guides that build digital wellness as a family practice, not a family argument.

Schools and districts: A complete implementation framework from pilot to full integration, with professional development, assessment tools, and ongoing research support.

HOW IT WORKS

THE THREE-MOMENT STRUCTURE:

- **BEFORE** the screen: Quick body check-in. "How does your body feel right now?" Establish a baseline.
- **DURING** screen time: Brief pause. "How does your body feel now compared to when you started?" Build real-time awareness.
- **AFTER** the screen: Reflection. "What did you notice? What changed?" Connect signals to experience.

IMPLEMENTATION OPTIONS:

Full Program Partnership — Semester or year-long integration with teacher training, classroom materials, assessment tools (Digital Wellness Assessment), and ongoing consultation.

Pilot Program — 6-8 weeks with 2-3 champion classrooms. Includes baseline and endpoint assessment.

Professional Development — Half-day or full-day workshop for school staff. Learn the framework, practice the activities, plan your implementation.

Keynote / Assembly — Introductory presentation for schools, conferences, and community events.

THE RESEARCH BEHIND IT

MindfulBytes is built on the Mindfulness as a Service (MaaS) 2.0 framework — five interconnected research areas developed through years of applied research with elementary-age children:

Interoceptive Awareness — The body's internal signals are the first language of digital literacy. Children can learn to read them.

Digital Bonding Patterns — Five ways children form relationships with technology (Balanced Browser, Anxious Checker, Screen Avoider, Chaotic Scroller, and the Phantom Tether).

Satisficing Heuristics — Children's digital decisions happen in the body before they reach the mind. Body awareness intervenes where "think before you click" can't.

Creative Atrophy — Generative AI threatens creative capacity when it replaces the internal generative process. The elementary years are the critical window.

Relational-Cultural Theory — Not all digital connection is genuine connection. Children need help distinguishing between real relational growth and its simulation.

Published Research:

- Davis, M.C. (2026). Mindfulness as a Service (MaaS) 2.0: Evolving the Framework for Digital Emotional Literacy in K-5 Populations. NM-CCCR.
- Davis, M.C., Duffy, P., Elicio, J., and Owen, L. (2023). The Mindfulness as a Service (MaaS) Narrative. Merek Security Solutions.

ABOUT THE FOUNDER

M.C. DAVIS

Fellow, Center for Digital Thriving, Harvard Graduate School of Education (2025-2026) Doctor of Science Candidate, Cyberpsychology, Capitol Technology University Executive Director, NM-CCCR (501c3) CEO, Merek Security Solutions 25+ years of cybersecurity across the Pentagon, Los Alamos, Boeing, and IBM CISSP | CISM | CAP | CDPSE | CyberAB RP

Mike Davis spent two decades protecting digital systems for the U.S. Navy. Then he turned his attention to the humans — especially the youngest humans — using those systems.

MindfulBytes is the intersection of everything he's learned: that the best security doesn't come from building higher walls, but from building deeper awareness.

HOW TO GET STARTED

Schedule a conversation — no pitch, no pressure. Just 30 minutes to see if MindfulBytes is the right fit for your school or community.

Email: michael@merek.io Phone: (800) 479-1741 Web: mindfulbytes.io

MindfulBytes is a program of the New Mexico Center for Cybersecurity and Cyberpsychology Research (NM-CCCR), a 501(c)(3) nonprofit research organization.

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