

SCREENS AND YOUR CHILD: MIDDLE AND HIGH SCHOOL

SCREENS AT SCHOOL

More technology is entering classrooms. If you have concerns, chat with your child's teachers about when & how they will use tech. Ask for paper-based homework where possible. If your child has trouble staying on task at home, consider installing parental controls at the wifi level, device level, and/or have them complete school work in a common area of the home.



PHONES & WATCHES

Many children will own their own smartphone by now. If you aren't sure whether your child is ready for their own device, check out the guide below to help you navigate this tough decision.

A PARENT'S GUIDE TO SMARTPHONES & SOCIAL MEDIA

HELPING FAMILIES THRIVE IN A
DIGITAL WORLD



*For my full guide, check
this out!*

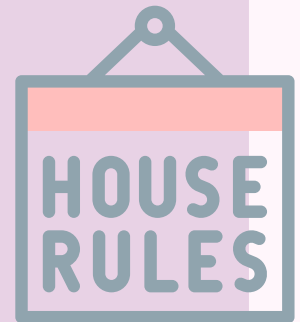


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HEALTHY BOUNDARIES

- Designated tech-free zones- bedrooms, meals, car rides, family time etc
- Designated tech-free times- could be before school, until homework is complete, 1 hour before bed etc
- NO devices in the bedroom overnight
- Aim for 1 hr or less on social media per day. Studies show harms increase at 2+ hours.



SMARTPHONE CONTRACT

Having a contract to outline your expectations, and consequences for breaking those expectations, is a very helpful way to ensure everyone is on the same page. Download a free contract [here](#)

MODEL Healthy Tech Use

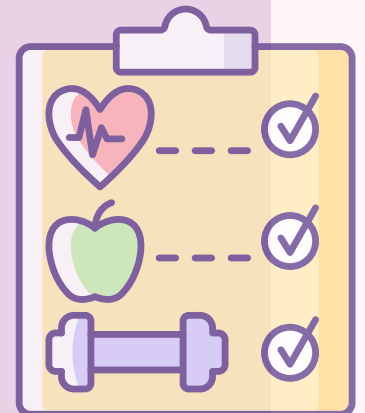
Download your
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DIGITAL WELLNESS TIPS FOR YOUR CHILD

- Turn off notifications
- Set app timers/limits
- Research online claims
- Take a break before responding when upset
- Consider your digital footprint when posting, sending photos etc
- Reset your algorithm if it's become toxic
- Keep yourself accountable- check out digital wellness tech like Opal, Brick, Freedom



SIGNS OF A STRUGGLE

If your child is exhibiting any of the following, it may be time to change the house rules or ask for help:

- Prolonged big feelings when it's time to put away the phone
- Feeling distressed/anxious when away from their phone
- Always asking for more screentime
- Breaking your rules/contract repeatedly
- Avoiding obligations like homework or chores to use their phone
- Unsuccessful attempts to reduce time spent on their phone

