

TOP TIPS FOR TWEENS, TEENS & SCREENS **Devices and phones are here to stay – but how can I restore some balance in my home?**

*Time limits and allocations.
When time is up, time is up.*

Be involved. Share the joy and learning and excitement that is available through the internet.

Get the whole family to charge all of their devices together in the kitchen overnight. That way no-one uses their devices in bed..

*No screens before school (that includes parents and it includes TV).
And no screentime before the homework is finished.*

Start with small reductions in time limits to reduce any resistance.

Get everyone to turn their phones to silent at meal times so that you have some uninterrupted time together as a family.

Frequent conversations about responsible and safe internet use.

*When you go out, take books or toys or pencils and paper.
Leave the devices at home.*

*Yes – you **MUST** share your passwords with me because I **MUST** be able to know what you are doing*

*Be the parent and set an example:
put your own phone down.*

You earn your screen time with jobs, outdoor play, creative tasks, homework etc.

Make use of tech tools to measure and manage screen time and device use.

An example is <https://screentimelabs.com/>