

PARENT GUIDE from SCREENAGERS

Having weekly, short, calm conversations with your family about tech is so important. Tech Talk Tuesday (TTT) offers you tools and tips for discussions. Many families say this is making a huge difference. Visit www.screenagersmovie.com/tech-talk-tuesdays/ to hold a Tech Talk Tuesday with your family.

4 Basic rules to consider

(Go to www.screenagersmovie.com to find ways to enforce rules)

1. No screens in bedrooms when kids and teens go to sleep. (For younger kids, keep screens out completely). Fact: 75% of teens get inadequate sleep. The presence of devices disrupts sleep cycles.
2. Set time goals for studying without multitasking and take tech breaks. Fact: Multitasking is linked to less retention and poorer academic outcomes.
3. Eat family meals without devices. Fact: Face-to-face conversations improve mood and empathy.
4. Put phones and devices away in the car. Fact: More than half of kids report seeing their parents text while driving.

3 Tips to help your child build self-control

1. Science shows that positive rewards work better than punishment. For example, if you observe your child focused while doing their homework without their device, praise them.
2. Build times when tech is out of sight. Self-control is hard, so decrease temptations.
3. Use TTT to let your kids talk with you about the reasons they like tech in their lives—the more they feel understood, the more they'll work with you on tech limits.

More RESOURCES at www.screenagersmovie.com

●Contracts ●Parenting Apps—Tools to automatically turn off tech at certain times ●Digital Citizenship – educator packet ●Parenting Tips—Ongoing practical advice from the Screenagers blog