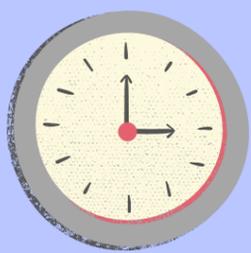


SCREEN TIME & RESPONSIBLE ONLINE HABITS



Screen Time and Health

Children ages 8-10 spend, on average, 4-6 hours using screens each day. Teens spend up to nine hours a day using screens. Excessive screen time can lead to problems with sleep, concentration, school performance, and weight management.



Monitor Content

Know what your child is viewing online. Visit sites along with your child and talk about appropriate sites and apps. Remind children to never give out personal information on the internet.



Designate No Screen Zones

Adequate sleep is important for growing bodies. Limit screen time within one hour of bedtime. If possible, remove screens (including televisions, tablets, and phones) from the bedroom to avoid distractions.



Encourage Conversation

Put down phones and other devices during family time. Mealtimes are an excellent chance to talk together. The best way for adults to encourage this habit is to model the behavior for children.



Provide Alternate Activities

Read a book. Hold a family game night. Go for a walk together. Make a craft. Play outside. Schedule time to visit friends and family.

Screeentime offers features such as web history and social media monitoring.

Apps

These free apps allow parents to set limits on screen time

OurPact gives the ability to set a schedule for when devices can be used, along with the ability to block or allow certain apps.