



SCREEN TIME AND SOCIAL MEDIA

your technology and your health

FAST FACTS

- The internet is a great tool for learning, staying connected with friends and family, sharing art, enhancing creativity, finding volunteer or job opportunities, and more.
- Clear boundaries for technology use can help protect you and keep you healthy.

EXAMPLES OF BOUNDARIES FOR YOUR TECHNOLOGY USE:

- Make your accounts private in the privacy settings.
- Be thoughtful about sharing pictures. Remember that any picture you send or post can be found or shared.
- Protect your non-technology time. For example, park your phone in a different room when you sleep or when you want to be creative.
- Know who you are talking to online.
- Don't share personal information (name, address, contact info) if you don't know the other person.



TEENS: LET'S TALK

What online experiences are fun or supportive for you? Some types of screen time are really positive.

What are your boundaries for online use? Which ones are hard? The resources below have good tips.

Who could you talk to if you felt harassed or uncomfortable about something you experienced online? Talking to a trusted

adult may not be easy but can be helpful. We can work together to identify your supportive adults.

What are your personal rules for sharing images? You should never be pressured to share something you don't want to share. Remember that it is illegal to share or have nude pictures of anyone who is under 18 years old.

PARENTS: KEEP TALKING

Talking with your teen about technology use can help them stay safe and develop good habits for a lifetime. It is helpful to talk about the positive aspects of technology, as well as boundaries for technology use.

Ask open-ended questions: "Which apps do you use? What accounts do you follow? What do you like about them?"

"How do you spend most of your time online?"

"Have any of your friends had any scary or uncomfortable

experiences online? Have you?"

Plan for safety: "What do others say about sexting?"

"What are your rules for sharing pictures or personal information?"

Set boundaries: Talk about when screen time is appropriate (doing schoolwork or playing games) and when it's not (after a certain time or at the dinner table). Sign a written contract (resources below).

GREAT RESOURCES

 For parents: commonsensemedia.org and childrenandscreens.org

 Create a "Family Media Plan" on [HealthyChildren.org](https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx)