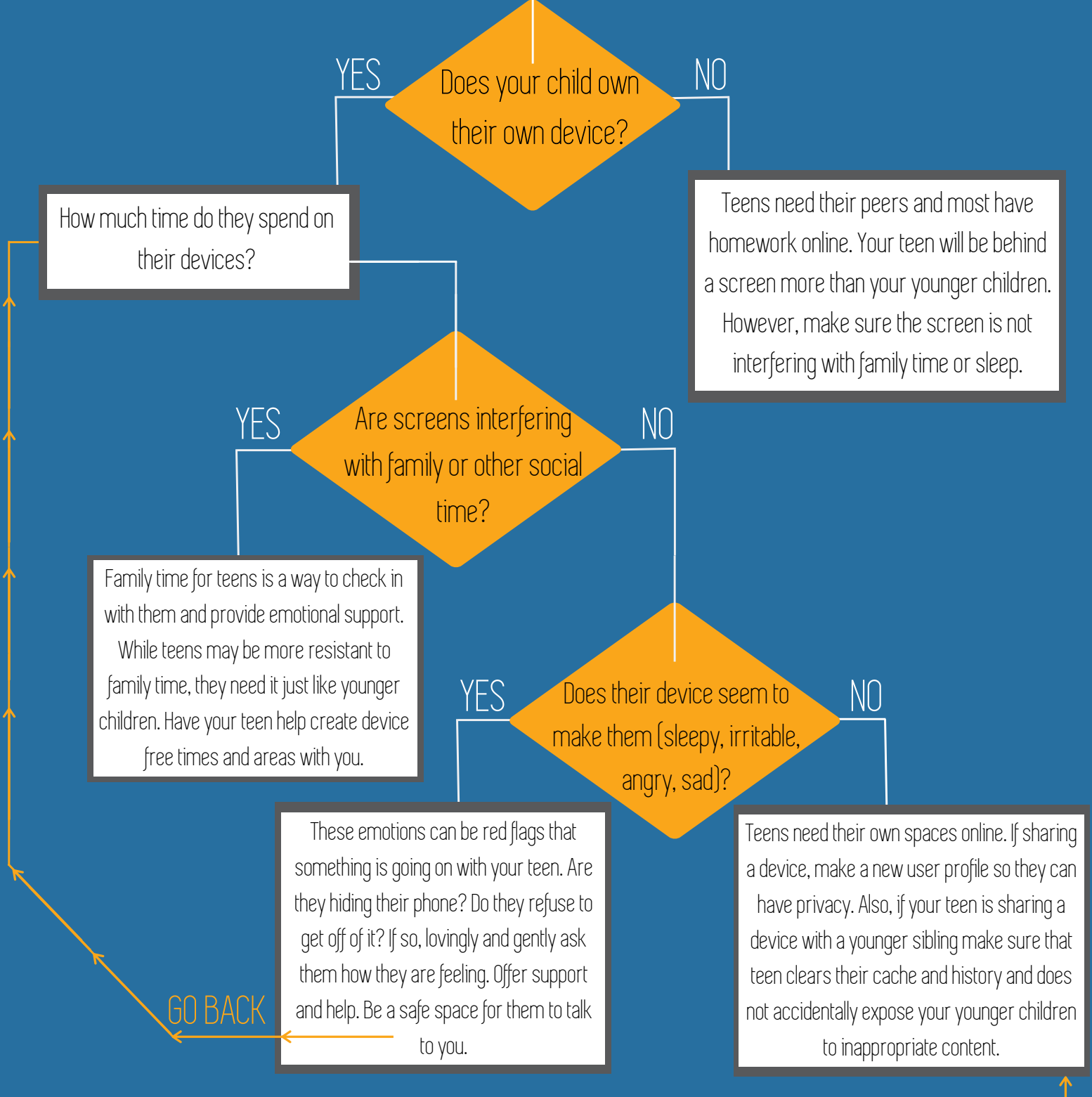


Monitor

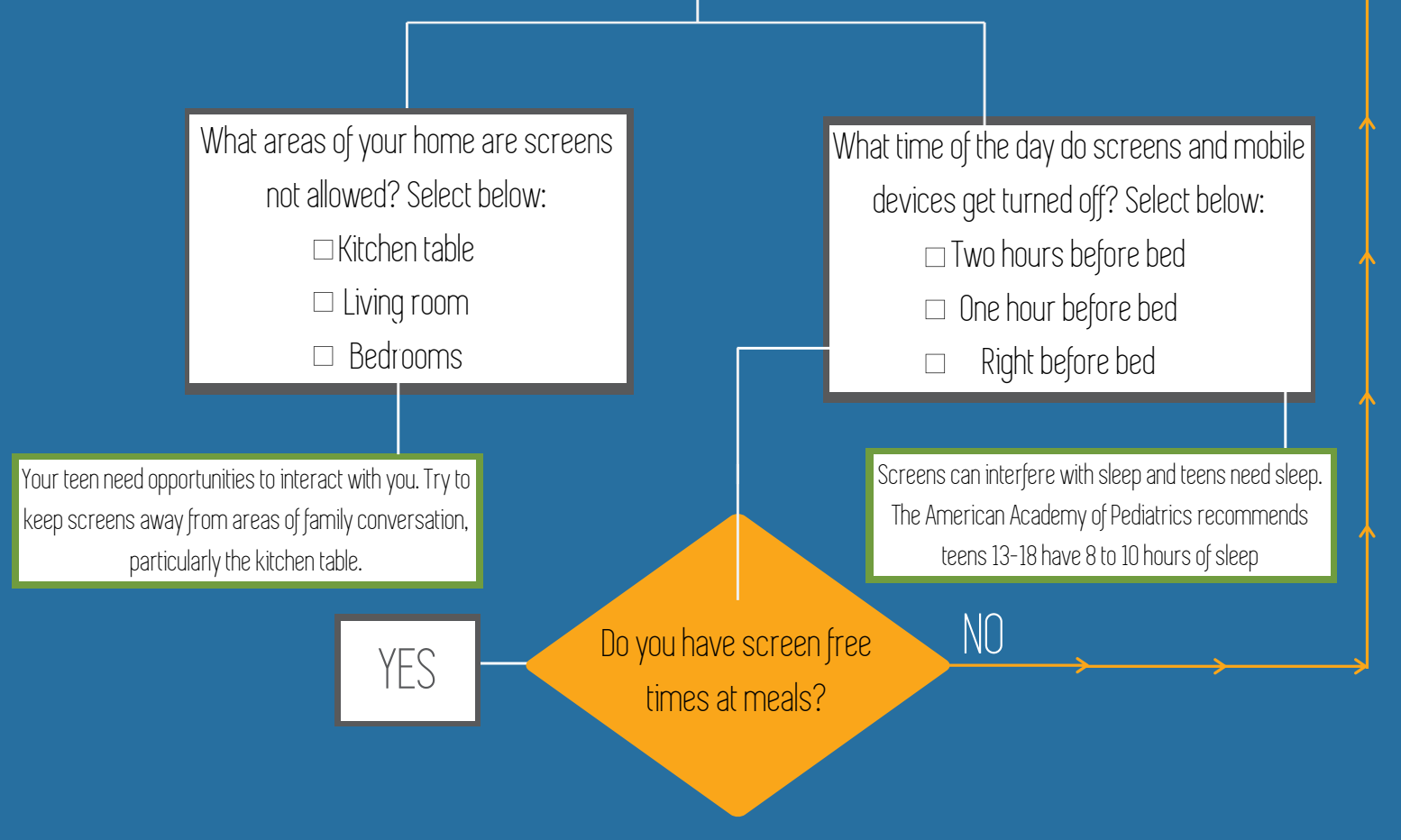
A Family Media Plan Guide For
13-17 Year Old Children



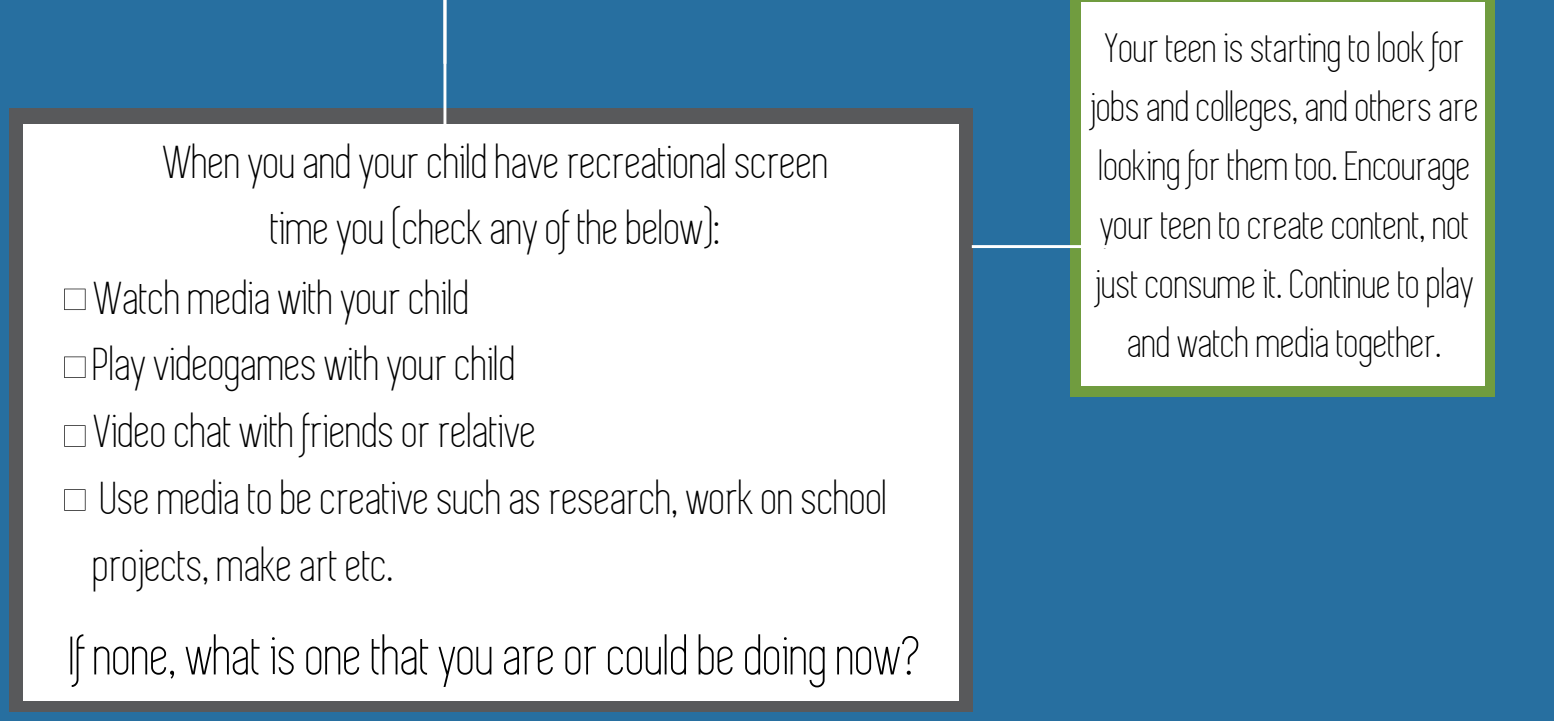
Screen Time



Screen-Free Areas & Times



Media Consumption



Digital citizenship

Digital citizenship is the ethical and responsible use of technology. Here are some digital citizenship rules for teens: (check any of the rules you follow in your own home)

- Follow family rules on media
- When someone is talking to you, do not look at a phone or other device
- Tell a parent or trusted adult if you get pictures or messages that make you uncomfortable
- Do not share other people's information or pictures without permission
- Do not share your personal information online with those you don't know
- Being kind and not bullying online
- Asking permission to purchase or sell things online
- Do not text and drive

