Monitor

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

DIGITAL RESPONS-ABILITY

EDUCATE·INFORM·EMPOWER

Screen Time

Does your child own their own device?

- YES → How much time do they spend on their devices?
- NO → Teens need their peers and most have homework online. Your teen will be behind a screen more than your younger children. However, make sure the screen is not interfering with family time or sleep.

Are screens interfering with family or other social time?

- YES → Family time for teens is a way to check in with them and provide emotional support. While teens may be more resistant to family time, they need it just like younger children. Have your teen help create device free times and areas with you.
- NO → **Does their device seem to make them (sleepy, irritable, angry, sad)?**

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- YES → These emotions can be red flags that something is going on with your teen. Are they hiding their phone? Do they refuse to get off of it? If so, lovingly and gently ask them how they are feeling. Offer support and help. Be a safe space for them to talk to you. → GO BACK
- NO → Teens need their own spaces online. If sharing a device, make a new user profile so they can have privacy. Also, if your teen is sharing a device with a younger sibling make sure that teen clears their cache and history and does not accidentally expose your younger children to inappropriate content.

Screen-Free Areas & Times

What areas of your home are screens not allowed? Select below:

- ☐ Kitchen table
- ☐ Living room
- ☐ Bedrooms

Your teen need opportunities to interact with you. Try to keep screens away from areas of family conversation, particularly the kitchen table.

What time of the day do screens and mobile devices get turned off? Select below:

- ☐ Two hours before bed
- ☐ One hour before bed
- ☐ Right before bed

Screens can interfere with sleep and teens need sleep. The American Academy of Pediatrics recommends teens 13-18 have 8 to 10 hours of sleep

Do you have screen free times at meals?

- YES
- NO

Media Consumption

When you and your child have recreational screen time you (check any of the below):

- ☐ Watch media with your child
- ☐ Play videogames with your child
- ☐ Video chat with friends or relative
- ☐ Use media to be creative such as research, work on school projects, make art etc.

If none, what is one that you are or could be doing now?

Your teen is starting to look for jobs and colleges, and others are looking for them too. Encourage your teen to create content, not just consume it. Continue to play and watch media together.

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

References:American Academy of Pediatrics (Copyright © 2016) - Council on Communications and MediaDigital Citizenship: Teaching Strategies and Practice from the Field by Carrie Rogers-Whitehead