

OVERCOMING TOO MUCH SCREEN TIME

Ask yourself and your family members the following questions, "can you name some problems of being too addicted to a screen?" "What are the benefits of screens?"



Discuss screen time habits with your family and make a plan identifying where you can make small changes as a first step.

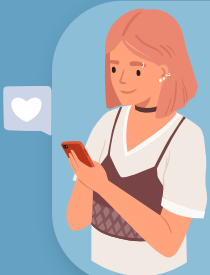
Ask yourself these questions, "do you feel frustrated, angry and/or sad when you have to get off your screen?" "Does your screen time interfere with homework, sleep, or relationships?"

Try no phones during family meals and see if you can find other times you can all put down your phones.



Make a list of other things you can do instead of using your device.

Go outside: allow yourself to have fun outside without your phone.



Remove unnecessary apps or move your most-used ones to a later page.



Acknowledge and celebrate when you are able to put your phone down.