

PARENT GUIDE

Having weekly, short, calm conversations with your family about tech is so important. Tech Talk Tuesday (TTT), our weekly blog, offers you tools and tips for discussions. Families tell us it's making a huge difference. Visit our website www.screenagersmovie.com/tech-talk-tuesdays/ to try one. It's never too late to start a conversation about technology but often doing it in baby steps is more effective. —Delaney Ruston, MD, filmmaker of Screenagers

4 Basic rules to consider— (go to www.screenagersmovie.com to find ways to enforce rules)

1. No screens in bedrooms when kids and teens go to sleep (for younger kids keep screens out completely). Fact: 75% teens get inadequate sleep. The presence of devices disrupts sleep cycles.
2. Set time goals for studying without multitasking and then, also, take tech breaks. Fact: Multitasking is linked to less retention and poorer academic outcomes.
3. Eat family meals without devices. Fact: Face-to-face conversations improve mood and empathy.
4. Put phones and devices away in the car. Fact: More than half of kids report seeing their parents text while driving.

3 Tips to help your child build self-control

1. Science shows that positive rewards work better than punishment. For example, if you observe your child focused while doing their homework without their device, praise them.
2. Build times when tech is out of sight. Self-control is hard, so decrease temptations.
3. Use TTT to let your kids share with you about the reasons they like tech in their lives—the more they feel understood, the more they'll work with you on tech limits.

Discussion questions

- How much time do you think kids in the US spend looking at screens? (Kids spend an average of 6.5 hours a day on screens, not including classroom or homework.)
- How much time do you think you spend each week on screen-related activities?
- The film featured a study in which baby mice exposed to screen time developed fewer cells in the areas of learning and memory than non-exposed mice. Do you think this is true for humans too?
- Do you think violent video games desensitize people to violence?
- What are some popular games that don't involve violence?
- Have you experienced people using screens to avoid face-to-face interactions? Do you ever make comments online that you wouldn't make in person?

Resources at www.screenagersmovie.com

- Screen Time Contracts—Tips and screen time contracts templates, including Tessa's contract
- Parenting Apps—Tools that automatically turn off tech at certain times
- Digital Citizenship—Links to help teach this at home and in schools
- Parenting Tips—Ongoing practical advice from our blog, TTT and more

A great example of a Cell Phone Contract with a teen

By Jan Hoffman

1. It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest? I will always know the password. Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay out of the crossfire.
2. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad". Not ever.
3. Hand the phone to one of your parents promptly at 7:30pm every school night & every weekend night at 9:00pm. It will be shut off for the night and turned on again at 7:30am.
4. If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit or stash some birthday money. It will happen, you should be prepared.
5. Do not text, email, or say anything through this device you would not say in person. Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.
6. No porn. Search the web for information you would openly share with me. If you have a question about anything, ask a person, preferably me or your father.
7. Turn it off, silence it, put it away in public, especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the cell to change that.
8. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear — including a bad reputation.
9. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a peer you don't normally talk to. Wonder without googling.
10. You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You & I, we are always learning. I am on your team. We are in this together.