



LESSON 6

PARENT RESOURCE GUIDE

SCREEN TIME ISSUES

REVIEW & FIRST STEPS

TOOLS FOR SUCCESS & PROGRESS CHECKS

SUPPLEMENTAL MATERIALS LIST



HOLISTIC
POSITIVE
PARENTING

LEARNING OBJECTIVES & FIRST STEPS FOR EACH MODULE

Why Screen Time Should be Limited

Learning Objectives:

- Recognize signs of excessive screen time.
- Develop a Family Media Plan.

First Steps

1. Visit the Family Media Plan website develop a plan for yourself.
2. Discuss the Family Media Plan during a family meeting.
3. Discuss the importance of following a plan.
4. Help each child develop an appropriate plan. Post the plans in plain view.
5. Praise adherence and problem solve any difficulties. Revise if necessary.
6. Engage in family “digital freedom days”. Have fun.



LEARNING OBJECTIVES & FIRST STEPS FOR EACH MODULE

Guidelines and Suggestions for Screen Time Use

Learning Objectives:

- Encourage the use of devices for creative projects and learning.
- Teach your children about cyber safety.
- Use parental controls for setting time limits and safety.

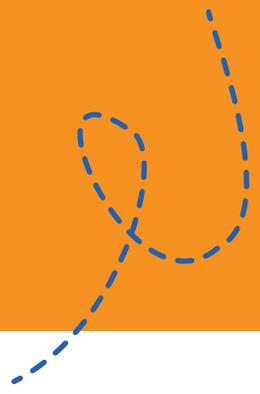
First Steps

1. Obtain and use appropriate parental control technology.
2. Discuss cyber safety as a family and when indicated individually.
3. Use Common Sense Media for suggestions for appropriate entertainment.
4. Encourage children and teens to use their devices for expanding learning
5. Encourage children and teens to use their devices for creativity and learning computer skills.





PROGRESS CHECK LIST



Steps & Notes	Date Started	Date Completed
Visit the Family Media Plan website develop a plan for yourself. NOTES:		
Discuss the Family Media Plan during a family meeting. Discuss the importance of following a plan. NOTES:		
Help each child develop an appropriate plan. Post the plans in plain view. NOTES:		
Praise adherence and problem solve any difficulties. Revise if necessary. Engage in family “digital freedom days”. Have fun. NOTES:		
Obtain and use appropriate parental control technology. NOTES:		
Discuss cyber safety as a family and when indicated individually. NOTES:		
Use Common Sense Media for suggestions for appropriate entertainment.		
Encourage children and teens to use their devices for expanding learning.		
Encourage children and teens to use their devices for creativity and learning computer skills. NOTES:		

TOOLS FOR SUCCESS & SUPPLEMENTAL MATERIALS

Tools for Success

[American Academy of Pediatrics – Family Media Plan](#)

Please visit the site and ask each member of the family to develop their own media plan. Parents will need to assist younger children. Everyone should share the plan during a family meeting and make a pledge to follow the plan. (Complete online)

[Common Sense Media](#)

Visit the website and sign up for the newsletters relevant to your family. Visit the site with each of your children to help them to select beneficial digital media content as well as books, games, and current movies.

Recommended Websites

The First Two websites provide frequently updated articles and guides on all the major threats associated with using digital devices and accessing websites and other resources in cyber space. You will find information that you should share from time to time at family meetings and when applicable with individual children to make them aware of threats specific to their age group or interests. The other websites provide additional information on safety and health issues relate to use of digital devices. These websites are provided by government agencies and trusted nonprofit and professional organizations.

[On Guard Online](#)

Check out the FTC's free online security tips and resources, and share with your friends, family, coworkers, and community. (Federal Trade Commission)

[Internet Safety 101](#)

Provides frequently updated guides for parents on the most common safety threats. (Enough is Enough)

[Screen Time and Children – How to Guide Your Child](#)

Here's a primer on guiding your child's use of screens and media. (Mayo Clinic)

[Where We Stand: Screen Time](#)

The American Academy of Pediatrics (AAP) encourages parents to help their children develop healthy media use habits early on. (American Academy of Pediatrics)

[Video Game Addiction](#)

Even though gaming has been around for almost 50 years, studies about its harms are still in the early stages. Different groups have come to different conclusions about whether problem playing should be called an addiction. (Web MD)

INFORMATION FOR SETTING PARENTAL CONTROLS

[Mac Laptops and Desktops \(macOS\) \(Apple\)](#)

[Microsoft Family Safety: How To Set Up Parental Controls in Windows \(Life Wire\)](#)

[Parental Controls for iPhone, iPad, and iPod touch \(Apple\)](#)

[Android Parental Control Set-up and Other Safety Issues \(Android Community\)](#)

Books

[A guide to Cyber Safety, Internet Security and Protection for Kids, Teens, Parents and Professionals](#)

To avoid getting hacked, prevent online risk or financial loss and stay informed, this handbook, "A Guide to Cyber Safety, Internet Security and Protection for Kids, Teens, Parents and Professionals" will answer your questions on how to protect your digital life, avoid identity theft, prevent cyber attacks and secure your social privacy.

[What They Don't Teach Teens: Life Safety Skills for Teens and the Adults Who Care for Them](#)

The 21st-century guidebook of life safety skills for teens, their parents, and other caregivers, covering physical safety, sexual consent, social media, your rights with the police, situational awareness, dating violence, smartphones, and more.

