

YOUR CHILD HAS A DEVICE...NOW WHAT?

Provided by Utah NetSmartz and The Boys and Girls Clubs of Utah



3. WHAT YOU CAN DO

Screen time - Have time limits. Utilize phone settings to track device screen time and use. Set goals with family and track each week.

Create a Contract - Decide TOGETHER how that device should be used. What is expected? Be official and get it signed.

Location - have no-phone zones, i.e. bed, locked spaces, kitchen table etc. Having a communal place where all phones go at night.

1.CREATE A FAMILY MEDIA CONTRACT.

2. START A DISCUSSION

HOW CAN THIS DEVICE SERVE YOU BEST? WHAT CONCERNS YOU ABOUT HAVING YOUR OWN DEVICE?

WHAT EXPECTATIONS DO YOU HAVE? WHAT DOES PROPER USE LOOK LIKE TO YOU?

WATCH THE VIDEO

