

Wise Use of Screen Time

PREVENT

DETER

SUPPORT



		Prevent	Deter	Support
Wise use of screen time	School	<ul style="list-style-type: none"> • class usage • screen free zone • after school care 	<ul style="list-style-type: none"> • Classroom app 	<ul style="list-style-type: none"> • Conversation to come to mutual agreement
	Home	<ul style="list-style-type: none"> • media use plan 	<ul style="list-style-type: none"> • Downtime • App limit • Content & privacy restrictions 	<ul style="list-style-type: none"> • consequences • benefits



Prevent School



Class Usage

- Class
- Teachers
- Purpose



Screen Free Zone

- Corridor
- Canteen
- Any other area



After-School Care

- Mutual understanding on online homework

Prevent Home

This set of proposed boundaries is for Tan Family's discussion.

Media Use Plan

Screen Free Zones

Having areas of your home remain screen-free is important. Select from the list below & add them to your Family Media Plan to make sure every family member understand where screens are not allowed. Add any other screen free areas that are specific to your family.

Mobile devices & TVs are not allowed in the following screen-free zones in our home:

Bedroom

Recharge devices overnight - outside the child's bedroom

- incoming messages & calls can interfere with the child's sleep
- help children avoid the temptation to use or check devices when they should be sleeping
- emitted light from devices charging may still effect the quality of the child's sleep

Kitchen or dining room table

Keep family mealtimes & other family & social gatherings tech-free.



Screen Free Times

As part of the daily routine, make devices like TVs, phones, computers, games or other electronics off limits at specific times. Dinnertime & before bedtime are important ones, but more extended breaks from technology each day may also be needed.

We will not use mobile devices or other screens during the following times:

- While walking across the street
- While doing homework
- While at school
- While in the car, except for long trips
- Family time (it may be whenever the family is together or it may be during specific times such as when in the car together or when walking to school together.
- Meal times

Do not watch TV or use mobile devices at meal time.

- It is associated with obesity & weight gain in children.
- It discourages from family interaction.



Device Curfews

All families are different, but deciding when all devices are turned off for the night is a great addition to a Family Media Use Plan.

Devices will charge overnight in:

- Parent's bedroom
- Kitchen
- Others _____



When we have recreational screen time, we will:

- ❑ Co-view (watching media with a parent or adult)
 - Co-viewing allows for interaction & discussion
 - Younger children learn better from media, educational shows & videos when they are co-viewed & there is parent-child interaction.

- ❑ Co-play (playing video games & using apps with a parent or adult)
 - Younger children learn better from media when they share the experience with an adult.
 - Helps parents to stay connected with their children & teens.
 - Allows parents to have better sense of how their child is spending his or her time.



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Support School



Conversation

- Teachers <-> Form Teachers
- Form Teachers <-> Parents

Support Home



Conversation

- Parents <-> Child

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	Home	<ul style="list-style-type: none"> • after school care • media use plan 	<ul style="list-style-type: none"> • Downtime • App limit • Content & privacy restrictions 	Parent-Child conversation on <ul style="list-style-type: none"> • consequences • benefits