

Kids, Teens & Screens

Tip Sheet for Caregivers of Teens

While this may seem like overstepping, it is important to monitor teens' screen and social media use and continue to have conversations about appropriate device use. Caregivers should be available to answer questions and try to listen without judgement when these conversations happen.

Here are some additional strategies that can be helpful for setting limits for teens as well as teaching them to Earn Screen Independence by proving they can handle more freedom in their screen use:

- Start with a conversation with your teen about why you are making changes and what you need to see for them to earn more freedom eventually. Be prepared for protests: express empathy with their feelings, be open to some minor negotiation, but generally stick with the plan. You are the adult and you are doing this to support their healthy development and safety.
- Consider limits in both types and amounts of screen time. The younger they are and/or the more difficulty they have had managing on their own, the more restrictive these limits should be.
- Set up regular check-in opportunities with your teen to see how the plan is going and make adjustments as necessary.
- If they are managing the major areas of their lives well, have accepted and complied with screen limits, with minimal challenges, and they have demonstrated online safety behaviours, more independence can be granted.
- If things are not going well in any of the above areas, more restrictions may be needed.



Looking for more support? Visit our website for more Resources.

There is no code when it comes to the perfect solution for screen use. But there are some really good resources!

Dr. Jo and Dr. Michelle are clinical child psychologists with tons of experience working with all kinds of parents, kids and teens. And they are ready to share their knowledge and framework to teach practical skills surrounding screen time use in families.

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