

8 TIPS TO BETTER MANAGE SCREEN TIME

Together, determine the most relevant tips for your family.

01 Assess your time spent online.



Use the “screen time” function on your cell phone or tablet, or download an application like SPACE. Then, set goals for usage (excluding music).

02 Be more aware of your screen use.

Before using a device, ask yourself why you are doing it (are you just bored?) and for how long (respect the time limit you set). Also, only use one device at a time!

03 Prioritize quality content.

Whether it’s educational, entertaining or unifying, you’ll gain more knowledge or simply feel happier.

04 Clean up the social media accounts you follow.

Keep those that are inspiring, positive and in line with your values. It’s good for your spirits!



05 Turn off screens at least one hour before bedtime.

And keep your devices far from your bed for the night, ideally outside the bedroom. Better sleep guaranteed!

06 Have screen-free meals as a family.

The perfect time to chat, laugh and check in with everyone. Drop your phones in a basket to avoid temptation.



07 Plan screen-free activities together.

Play sports or go for a walk, play a board game, cook, do some gardening or arts and crafts... You can choose any activity and the whole clan doesn’t always have to be there!

08 Pay attention to others when you’re with them.

Set your screens aside so you can focus and have a quality connection.



As a parent, remember that your children watch what you do and your habits influence theirs. Be a positive role model by using screens in a balanced way, at appropriate times.

Would you like to take it a step further? Fill out the PAUSE FAMILY PLAN.

PAUSE FAMILY PLAN

An agreement about screen time between teens and parents

Why use a plan?

At all times, pandemic or not, it is **important to establish some rules for screen use** to stay in control of online activities and promote the family's well-being while still enjoying the advantages of the Internet. And by including these rules in a plan you develop together, the chances of respecting them are higher!

It's simple:

- Start by having a frank but respectful conversation between parents and kids. It's an opportunity for everyone to express their needs, concerns and expectations related to screens.
- Set realistic goals.
- Assess the situation after one week and adapt if necessary. This is YOUR plan, you can change it!



THE FAMILY'S COMMITMENT

Team up to fill out the following items related to screen use.

TIME

We limit our recreational screen time* to:

- _____ hour (s) / day during **work or school days**
- _____ hour (s) / day during **days off**

* "Recreational screen time" excludes time spent online for work, school and family obligations.

SLEEP

- We turn our screens off at least _____ minutes / hour(s) before bedtime.
- We keep our devices outside the bedrooms at night.

TOGETHER

We commit to not using screens (and to deactivating notifications!) when we:

- eat meals together (at home or elsewhere);
- are doing a physical activity or during a family outing;
- talk with a family member;
- other: _____

ZONES

At home, the "screen-free zones" are:

- the bedrooms at night;
- the dining room during meals;
- the bathroom (at all times!);
- the car (not only for the driver);
- other: _____

If the family respects this plan for _____ they will get the following reward 😊:

We confirm that we have read and understood this agreement and accept the terms.

→ Sign here or take a selfie to make it official!