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THE
FAMILY
SCREEN TIME
PACK

Fed up of fights over phones? Sick of spats over screen time? This pack is full of fun and helpful resources for the whole family. Find ways to establish flexible and structured boundaries for your child to follow regarding their use of smartphones, laptops, televisions and gaming consoles.

This pack offers

Screen Time Top Tips

Activity 1: Screen Routine Activity

Activity 2: Keeping Record

A 'Phone Zone' Poster

A Family Agreement on Screentime

Top Tips for Developing Healthy Screen Habits

Follow the SCREEN mnemonic to help develop healthy habits!

Screen Free Zones

Communicate

Be **R**ealistic

Lead by **E**xample

Consider their **E**ngagement

Take **N**otice

Top Tips for Developing Healthy Screen Habits

S Screen Free Zones

Agree together specific times of day that will be completely screen free. For example, you could choose to go screen-free during mealtimes, for family games night, or the hour before going to bed. You may also wish to consider making specific areas of the house screen free, for example bedrooms. Remember, this rule is for everyone, including you!

C Communicate

Communication is key. Talk about what you and your child(ren) enjoy doing online. Encourage your child(ren) to come to you if they see anything online that makes them uncomfortable or that they feel is wrong. Use our activities below to start discussions about finding healthy balances.

> **Helpful Tip!** If they've had too much screen time or it's not an appropriate time for them to have it, clearly and calmy explain why screen time isn't a choice right now, instead of just removing it.

R Be Realistic

Be realistic with your expectations and any rules you have set. It will not always be possible to stick to strict time boundaries for screen time. There will be times it suits everyone to have a little extra screen time and other times when less screen time will be necessary. Sometimes you may need to be flexible with your boundaries.

E Lead by Example

Stick to the screen free zones you have agreed to as a family and be sure to actively engage with your child during offline activities. Demonstrate the importance of a healthy online/ offline balance by engaging in a range of non-screen activities for yourself and your family.

E Consider their Engagement

Look at how your child is engaging with online platforms and how they are spending their time engaging with devices. Screens can form a very valuable part of your child's world, but it is important to ensure they are participating in a wide range of activities online and are having positive experiences.

N Take Notice

Take notice of any changes in your child's behaviour or demeanour. Be aware of the warning signs of too much time on screens and be prepared to re-evaluate your family agreement as needed. Familiarise yourself with how you can identify changes in behaviour and recognise signs of addiction, e.g. gaming disorder. For more information see:

ineqe.com/2019/11/27/3-things-you-need-to-know-about-gaming-disorder/

Further Resources:

- Online Gaming: Trends, Risks and Our Top Tips
- Does Gaming Promote Gambling?
- Gaming Buzzwords
- Should You Be Worried About Gaming Disorder?
- 5 Ways To Take Back Control of Your Screen Time During The Lockdown

Find them by visiting: ineqe.com/2021/07/09/down-the-devices-how-to-develop-healthy-habits-on-screen-time

So just remember the SCREEN system!

Screen free zones

Communicate

Realistic

Example

Engagement

Notice

Screen Time Activities!

The following activities are designed to get children and young people thinking about how they engage with social and media platforms and what they like about them. These activities aren't just for the kids though! We encourage you to participate as a group. It's important everyone understands their own use of devices – and any new rules should apply to everyone!

My Screen Routine

We're going to think about how much time we spend on screen time activities every week.

Do you think you know how much time you spend watching Netflix or Disney+? Playing games on your console? Or how about scrolling through social media? You might be surprised how much time you really spend doing these things!
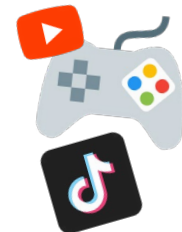
In the table below, write down your guess of how much time you spend doing each activity per week. Then at the end of every day during the week, make note of how much time you spent on each of those categories. At the end of the week, tally up those scores!

We've left space so you can add in any other activities that we haven't included that involve screen time.

My Screen Routine

Activity	Your Guess	Actual Time Spent
Watching T.V. / Subscription sites e.g. Netflix		
Time spent using gaming platforms e.g PS4		
Social media		
Playing games on phone		
Watching YouTube or Twitch		
Online learning		
Reading news articles		
Browsing Reddit or forums		

Were you shocked by the results? If you did this as a group, who had the closest guess? Discuss which categories you spend the most time on. Do you think you could change your screen routine and if so, how?

Bonus Round!

Repeat the activity again but this time add in your guess for each member of your family!

Activity	Your Guess	Actual Time Spent	Guess for family member	Guess for family member ....
Watching T.V. / Subscription sites e.g. Netflix				
Time spent using gaming platforms e.g PS4				
Social media				
Playing games on phone				
Watching YouTube or Twitch				
Online learning				
Reading news articles				
Browsing Reddit or forums				

Keeping Record

Have you ever realised that you're 'hate watching' something? For example, a YouTube channel that you keep watching, even though you don't really like it or maybe it even annoys you! Sometimes we take part in activities or hobbies for so long that we don't even think about whether it makes us feel good!

We're going to think about whether the digital content we consume, like the games we play, scrolling through social media or watching lots of live streamers actually makes us feel better or worse. We're also going to do the same with 'off screen' activities, for example reading a book or going for coffee with friends.

Choose three 'on screen' and three 'off screen' activities. For example, you may have chosen playing an online game for an 'on screen' activity. For an 'off screen' activity, you may have picked going for a walk.

three 'on screen'	three 'off screen'

The next time you're about to do these activities, fill in the tables below, adding the name of the activity and completing the end of the sentence with how you feel.

The first sentence is to be completed right before you take part and the second one should be completed straight after you're finished. Aim to write down two or three feelings - and be honest! You may find yourself writing a mix of emotions; sometimes we can feel both positive emotions and negative emotions at the same time.

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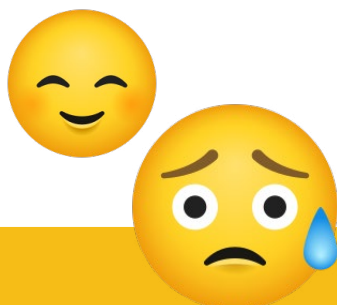
You'll find some empty boxes to fill in below but here's an example:

On Screen Activity 1:

Before I . . . . scrollsocialmedia . . . . **I feel** . . . . bored and calm . . . .

After I finish . . . . scrollingsocialmedia . . **I feel** . . . . unhappyandjealous . . .

Off Screen Activity 1:

Before I . . . . read a book . . . . . **I feel** . . grumpyandfrustrated . .

After I finish . . . . . . reading a book **I feel** . . . amusedandrelaxed . .

Sometimes it's hard to express how we feel! Here are some examples to help:

Loved   Lonely   *Thankful*   HaPPY   *Sad*   *Worried*

Excited   Angry   Confident

Hurt   **Grumpy**   Friendly

Disappointed   Bored

Have a look over everything you wrote. Did anything surprise you?
Which activities made you feel the best and which made you feel worse?

Bonus round: Do the activity again but this time have a think about why you felt that way.
Did someone online make you laugh? Did something that happened in-game frustrate you?

Off Screen Activities

Off Screen Activity 1:

Before I . . . . **I feel** . . . .

. . . .

After I finish . . . . **I feel** . . . .

. . . .

Off Screen Activity 2:

Before I . . . . **I feel** . . . .

. . . .

After I finish . . . . **I feel** . . . .

. . . .

Off Screen Activity 3:

Before I . . . . **I feel** . . . .

. . . .

After I finish . . . . **I feel** . . . .

. . . .

On Screen Activities

On Screen Activity 1:

Before I . . . . **I feel** . . . .

. . . .

After I finish . . . . **I feel** . . . .

. . . .

On Screen Activity 2:

Before I . . . . **I feel** . . . .

. . . .

After I finish . . . . **I feel** . . . .

. . . .

On Screen Activity 3:

Before I . . . . **I feel** . . . .

. . . .

After I finish . . . . **I feel** . . . .

. . . .

Your Phone Zone Poster

Print this out and place your phones on this page - the phone zone!

FAMILY SCREEN TIME

A G R E E M E N T

We Will: . . . .

. . . .

. . . .

. . . .

. . . .

. . . .

. . . .

EXAMPLES COULD BE:
We will spend our mealtimes talking and stay away
from our screens

We agree . . . .

Our Autographs (Parents and Carers - don't forget to
sign!) :

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