

20 Screen Time Limits for Your Teen to Be and Stay Healthy

Remember Cell Phones are a Privilege NOT a Right!

1. Model for teens what you are asking them to do.
2. Say no to texting during meal times.
3. TV stays off during meal times.
4. No screen time until chores and homework are complete.
5. Once those things are complete set a time limit for computer and other device usage.
6. Have a dedicated turn off time each night for all electronics on weekdays and weekends.
7. No TVs allowed in bedrooms.
8. Have access to social media passwords.
9. Turn cell phones off before bed.
10. Set cell phones to their dim setting aka “night shift” at a certain time at night and in the early morning to reduce problems with blue light.
11. Don’t give teens access to your credit card numbers and keys to access them on your computers.
12. Meet teens friends that they are chatting with online and in gaming.
13. Meet teens friends that they are frequently on social media with.
14. No cell phone access or social media use during the night.
15. Remind teens not to give out their personal details online.
16. Do not announce private family information on your social media.
17. Join social media sites and apps that your teens like and use so that you can understand what they are doing.
18. Be specific and consistent with any rules you make.
19. If necessary take away all electronics for a short period of time such as a weekend or a week. Make realistic and measureable goals for teen to get them back.
20. Spend time, face time, with your teen!