

Top Twenty Technology Tips for Teens

- No multi-tasking when doing homework
- Avoid screens and electronic devices in the bedroom
- No interactive screen time within 1 -2 hours of bedtime
- Get a minimum of 8 hours of restful sleep per night
- Avoid interactive screen use first thing in the morning
- Average less than 2 hours a day of entertainment screen time (All of it!)
- Minimize/avoid violent or sexual themes in entertainment media
- No online pornography. Ask your parents to use Blocking Software
- Try “No-tech” Sundays or Sabbath each week
- Ask your parents to model healthy technology use
- Ask for family meetings. Try “Tech-Talk Tuesdays”
- Vacation without using gaming or social media
- Establish screen-free activities: Meals, conversations and commutes to school
- Ask your friends to join you in some screen-free conversations
- Exercise at least 60 minutes per day
- Practice at least one non-electronic hobby every week
- Try the one in/one out rule: For every hour of screen time, participate in an hour of exercise or time in nature
- Make sure you spend time each day in down-time or daydreaming *without the use of electronics*
- Know the risk factors for internet addiction
- Test yourself with a 30 day “Technology Fast”