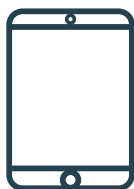


AM I READY FOR A PERSONAL DEVICE?

from **BetterScreenTime**



A Self-Evaluation for Teens

1

DO I COMPLETE MY HOMEWORK WITHOUT BEING ASKED?

Still Learning Sometimes Almost Always

2

DO I GET UP AND GET READY FOR SCHOOL ON MY OWN?

Still Learning Sometimes Almost Always

3

DO I HAVE GOOD PERSONAL HYGIENE?

Still Learning Sometimes Almost Always

4

AM I RESPONSIBLE WITH MY BELONGINGS?

Still Learning Sometimes Almost Always

5

AM I CONSISTENTLY KIND TO FAMILY MEMBERS?

Still Learning Sometimes Almost Always

6

DO I FEEL COMFORTABLE COMMUNICATING WITH OTHERS FACE-TO-FACE?

Still Learning Sometimes Almost Always

7

DO I REMEMBER TO DO MY CHORES ON MY OWN AND DO THEM WITHOUT COMPLAINING?

Still Learning Sometimes Almost Always

8

AM I ABLE TO HAVE CALM CONVERSATIONS WITH MY PARENTS ABOUT PROPER USE OF TECHNOLOGY?

Still Learning Sometimes Almost Always

9

AM I OKAY WITH MY PARENTS KNOWING MY PASSWORDS AND CHECKING IN ON MY DEVICE AS NEEDED?

Still Learning Sometimes Almost Always

10

DO I GET OFF OF FAMILY DEVICES WHEN ASKED AND WITHOUT GETTING UPSET?

Still Learning Sometimes Almost Always

11

DO I HAVE SELF-CONTROL OVER MY EMOTIONS WHEN THINGS DON'T GO MY WAY?

Still Learning Sometimes Almost Always

12

DO I HAVE A NEED FOR A PERSONAL DEVICE?

Yes / Not Yet

DO MY PARENTS FEEL THAT I AM READY?

Yes / Not Yet

Remember, the goal isn't 100%, but rather for your teen to answer "almost always" most of the time. This evaluation was the product of an actual family strategy session called "Family Think Tank," which you can learn about at [BETTERSCREENTIME.COM](https://betterscreentime.com). Use this framework to create your personalized self-evaluation to fit your family's priorities and values.

VISIT [BETTERSCREENTIME.COM](https://betterscreentime.com) FOR MORE TIPS!