

# Screen Safety Tip Sheet

- ✓ **Study Up and Start a Positive Tech Dialogue With Your Kids**  
Learn about fads, tech, psych research, & more on our weekly [GKIS Blog articles!](#) A totally free resource. 😊
- ✓ **Set Parental Controls**  
Program screen devices, gaming systems, & through your internet service provider. Our [Screen Safety Toolkit](#) offers resources to get you locked in for expert screen management.
- ✓ **Create Screen-Free Zones & Dock Mobile Devices**  
No screen devices behind closed doors or in bedrooms or bathrooms can be difficult to enforce - but well worth it.
- ✓ **Get Your Tweens/Teens Ready & Accountable**  
Our [Social Media Readiness Course](#) teaches digital injury risk & psychological wellness tools for independent problem-solving.
- ✓ **Attend to Video Game Ratings**  
Psychology research demonstrates that violent video games increases aggression and decreases prosocial behaviors.
- ✓ **Negotiate Using a Screen Safety Checklist**  
Our [Connected Family Screen Agreement](#) is an awesome way to clarify expectations and rules. And it's FREE!