AMCMS

COUNSELING CONNECTION

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Setting Healthy Screen Time Limits for Teens

According to Common Sense Media, more than 90% of teens said they think screen use is a problem for their own age group! On average, teens spends nine hours a day online, with more than seven hours of that devoted to entertainment. While screen time is an enjoyable hobby for teens, it can create unhealthy habits that interfere with physical and social activities, family time, and badly needed sleep. As a parent, it can be hard to keep track of your teens' online activities and even more challenging to set boundaries that protect their safety and privacy. So how can you set healthy screen time limits and boundaries as well as enforce them?

Ways to be a screen-savvy parent:

Know what apps and social media your teen uses.

Follow your teens social media accounts.

Stay informed!

Faciliate open conversations about internet safety, social media use, cyberbuyllying, and identiry theft.

Check privacy settings.

Review apps that show locations.

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Involve your teen in setting boundaries and reasonable limits. This creates buy-in on the plan for your teen.

Create a family screen time media plan together. Post this plan where it can be easily seen. Creating a plan means you don't have to try to figure out what works in the spur of the moment when an issue comes up.

Set up screen-free zones and screen time limits. One common example is all electronics are put away during mealtimes and/or family time. Another example is putting phones on chargers in a common area during bedtime to ensure teens are getting enough sleep.

Establish reasonable consequences for not staying within screen time limits. Some examples include loss of screen time privileges for a day or two. Your teen may not always follow the screen time rules. If you have established reasonable consequences, enforce them and talk with your teen about it. A re-evaluation of the screen time limit or even a modification for certain days may be necessary.

Resources: getparentingtips.com