

SCREEN SMART SAM

16 Risky Problems



Know Better
Do Better!

16 Solutions

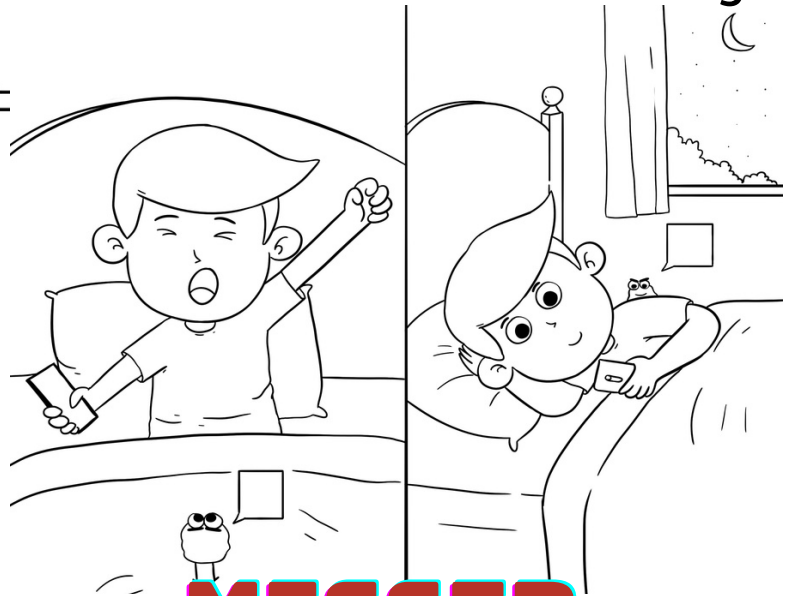
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SLEEP PROBLEMS



early to bed, no
screens in bedrooms



MISSED SOCIAL INTERACTIONS

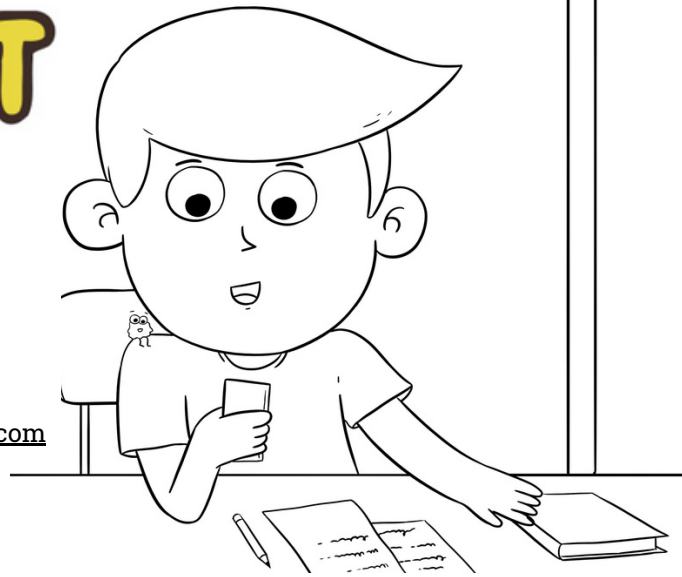


no devices during school,
activities, playdates,
or youth groups



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EXPLICIT PHOTOS

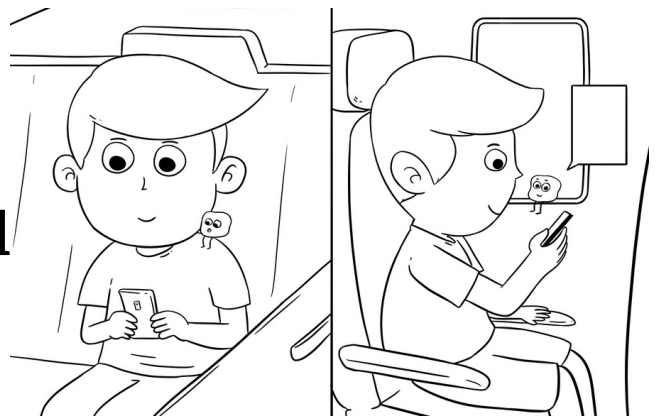
restrict access to apps
and smart phones.
Don't ask for nudes,
tell if you receive
It's a felony!



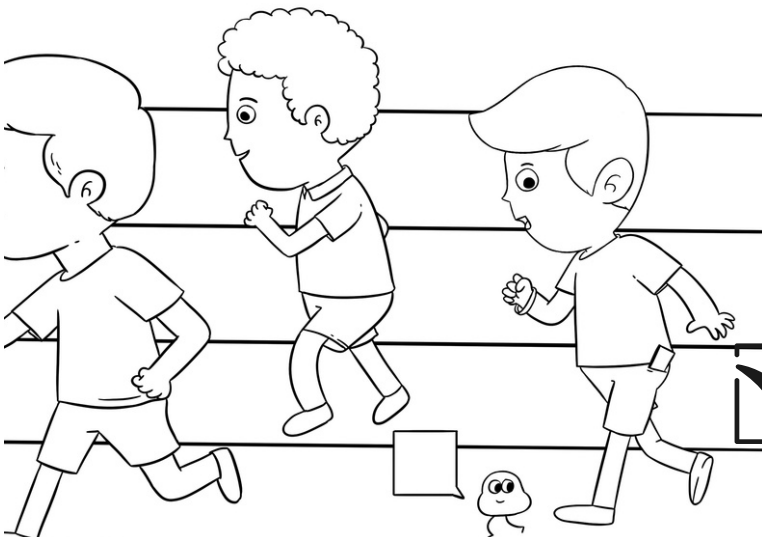
LOST TIME CONNECTING



build self-regulation and
initiate conversations



DECREASED MOVEMENT & EYE STRAIN

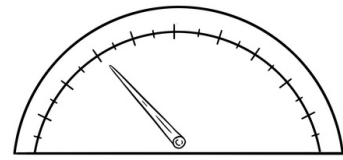


stay off devices and active,
time online reduces muscle
memory & stamina

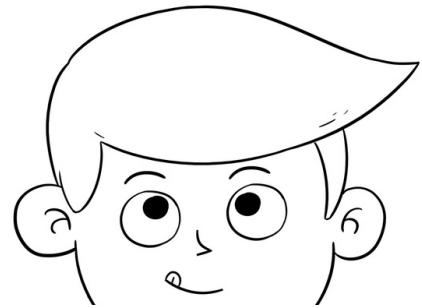
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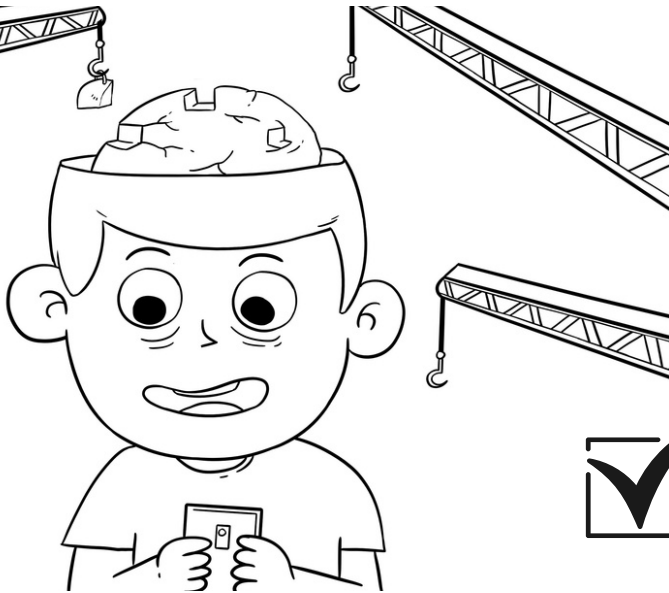
BAD



GOOD



BRAIN OVER STIMULATION



Neurons that fire together,
stay together for life.

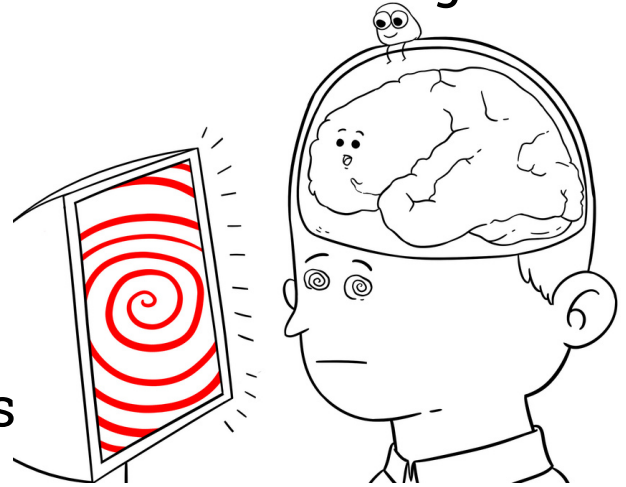


Avoid stimulating media

DEPRESSION & ANXIETY RISK



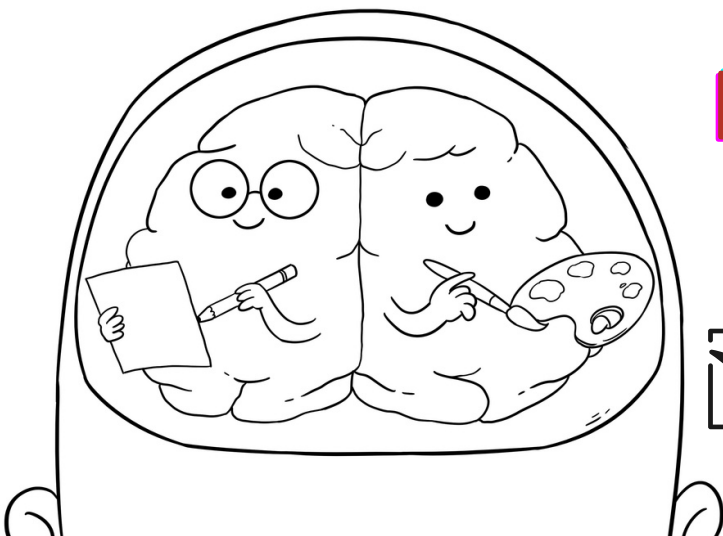
viewing social media and
stimulating apps create problems



LACK OF SOCIAL EMOTIONAL LEARNING



Learning on screens does
not = learning in real life for
littles. No screen time under 6



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LOW GRADES

✓ Spend time on homework and reading at home

BEHAVIOR PROBLEMS

✓ digital detox of 3 weeks removes 50%-100% of all negative behaviors



LOST INTEREST AND FOCUS STAMINA

✓ no phones at school, reduce time at home



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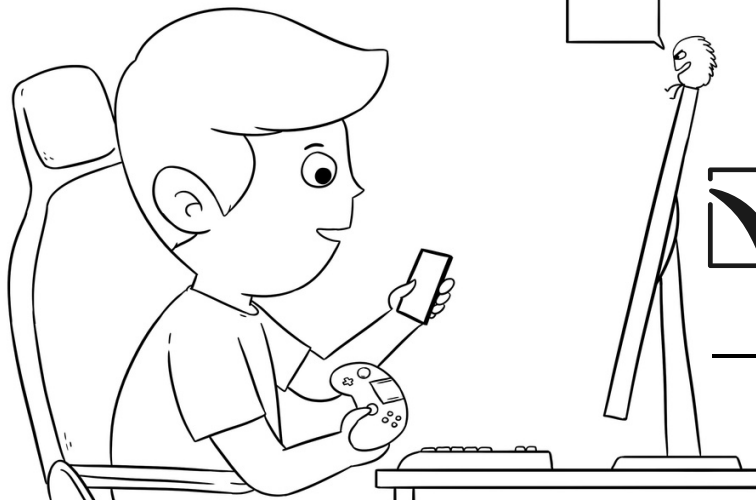
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GAMING RISKS

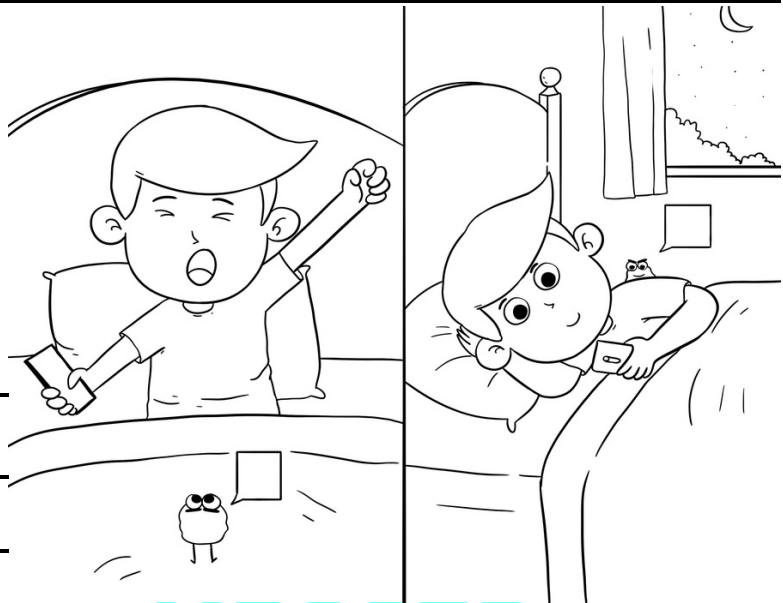


solutions: _____

SLEEP PROBLEMS



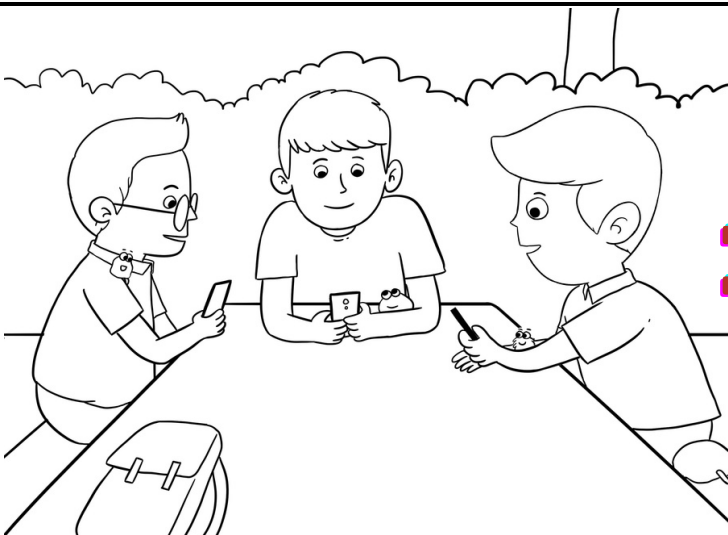
solutions: _____



MISSED SOCIAL INTERACTIONS

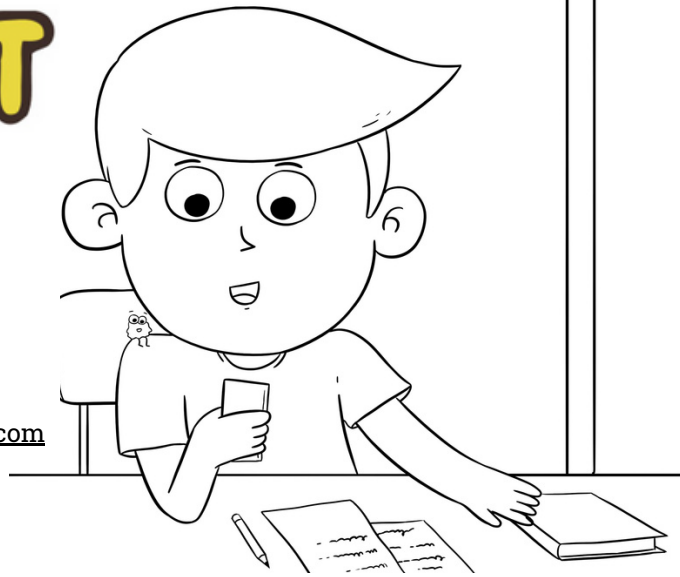


solutions: _____

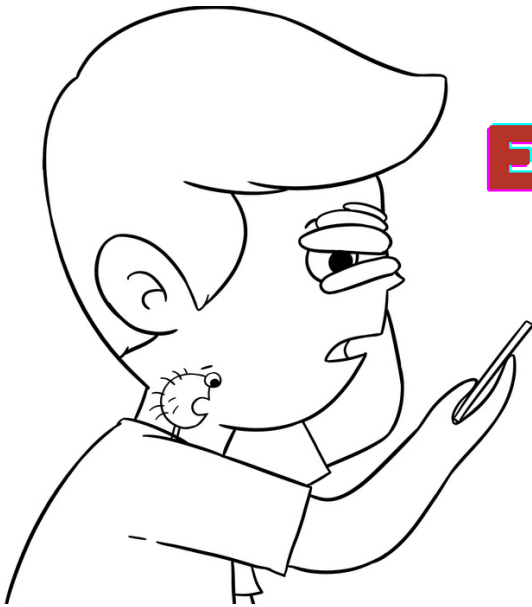


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EXPLICIT PHOTOS

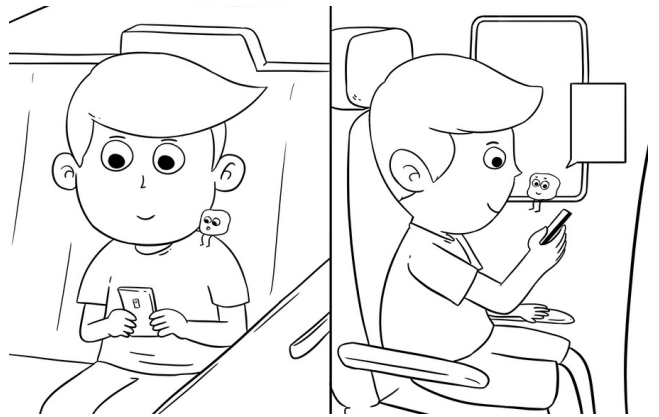


solutions: _____

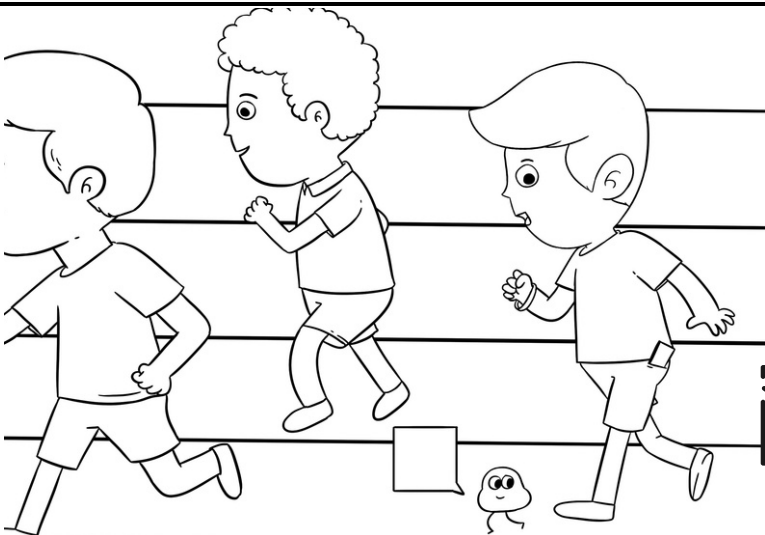
LOST TIME CONNECTING



solutions: _____



DECREASED MOVEMENT & EYE STRAIN

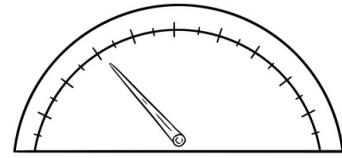


solutions: _____

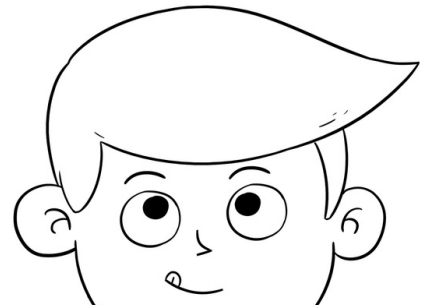
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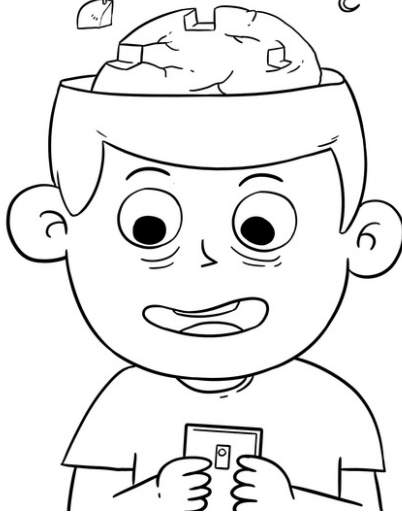
BAD



GOOD



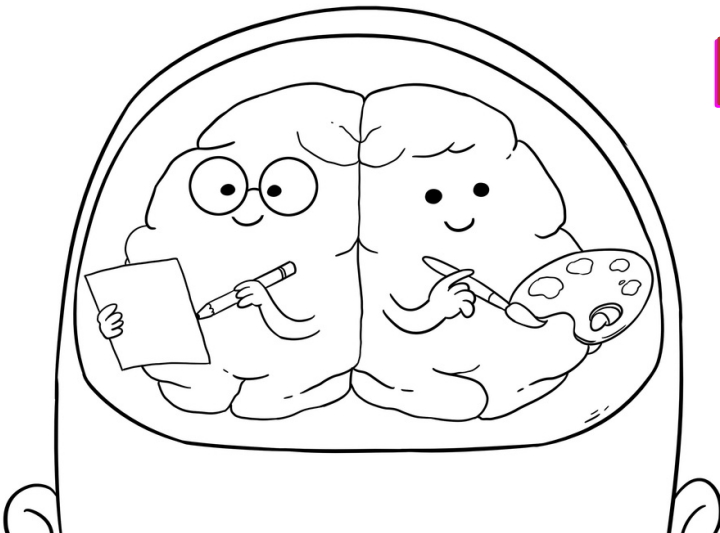
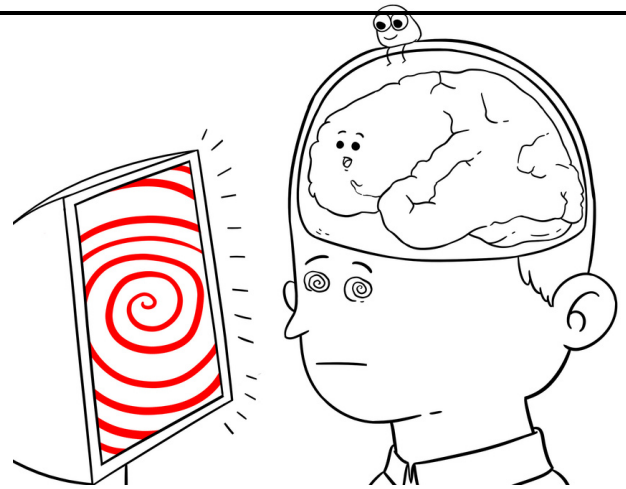
BRAIN OVER STIMULATION



☒ solutions: _____

DEPRESSION & ANXIETY RISK

☒ solutions: _____



LACK OF SOCIAL EMOTIONAL LEARNING

☒ solutions: _____

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LOW GRADES



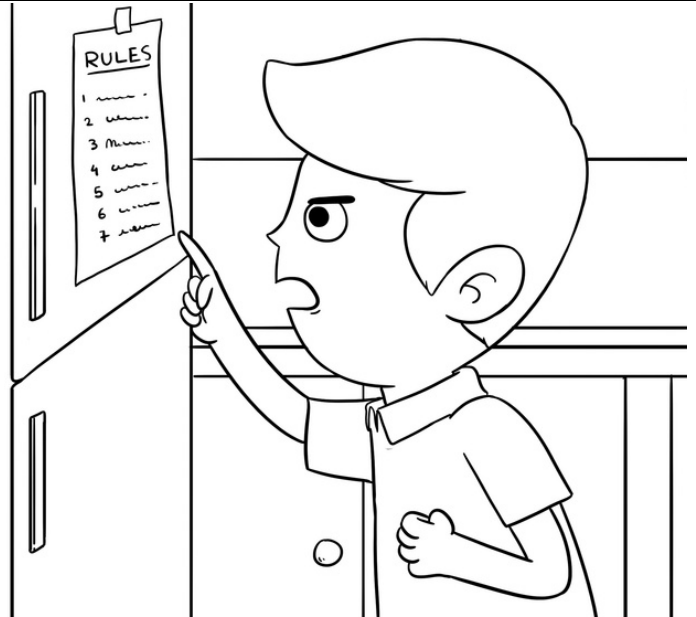
solutions: _____



BEHAVIOR PROBLEMS



solutions: _____



RULES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

LOST INTEREST AND FOCUS



solutions: _____

