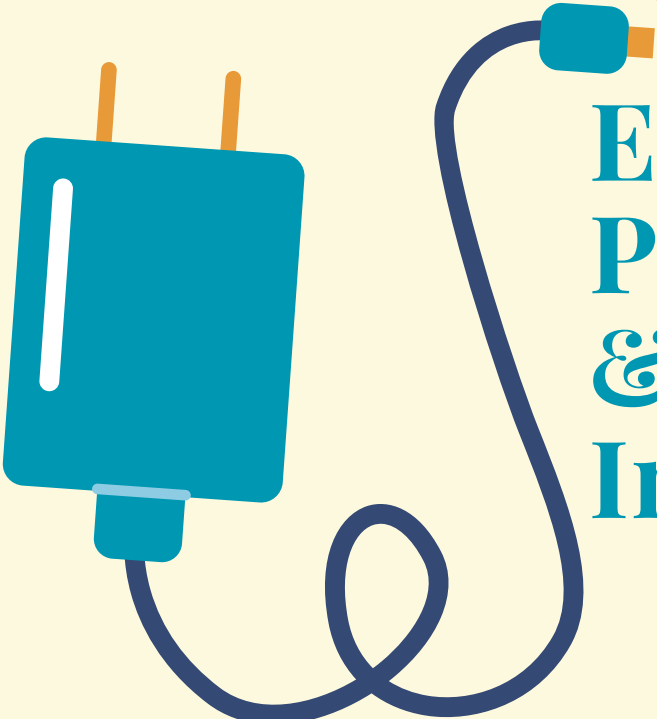


SCREEN TIME CLINIC®

Your Comprehensive Family Media Guide

Tools & Unbiased Info for Sustained Digital Wellness

FREE SAMPLE
PREVIEW



Empowering Parents to Protect & Guide Children In the Digital Age

*written by Nicole Rawson and
STC certified digital wellness educators
Updated 3/2024*

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please contact info@screentimeclinic.com



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Why You Need This Guide

Just as healthy moms and prenatal care is important prior to birth, it's more important than ever to carefully protect your child's brain development & health as they grow into adults in the digital age.

We realize every family dynamic is different and each child presents unique challenges. This guide is a tool to help you and your support network better understand your current Digital IQ, areas of stress or challenge, and evaluate goals you have for your children and family. It will help you identify areas that need careful consideration when it comes to time online and *unbiased* information to make smart tech choices to protect from digital addictions, predators, and disabilities arising from time online.

This guide is best used with therapists and Screen Time Clinic® educators to guide you through a thoughtful measured process OR as a Do-It-Yourself tool to educate and refocus your own family; help parenting partners unite, or single parents become clear about what is necessary to help their children flourish in the digital age. A clear written plan is essential for long term success! With over 20 printable guides there is something to help everyone at any stage, to help us all flourish as humans.



About Us

Information about Screen Time Clinic® and background about our unbiased certified digital wellness educators



Family Foundation

Evaluate Your Support Network, Dynamics, Routines, and Values that Guide & Protect Children From Harm



Current Climate & Goals

Get curious! Evaluate each family member's current tech use and long term goal setting



Myths, Misconceptions & Facts

What current research (not Big Tech) says about why limiting is important and common myths about technology



STC Screen Smart Family Plan©

Guidelines & printable resources for the whole family to stay focused on priorities and meet new screen goals



Yale Proven Rewirement Plans

Easy to reference, visual progress tracking - proven essential for building new habits for technology, sleep, and more routines



Tools to Monitor & Limit

Utilize professional services, special tools, devices, and consistent methods to ensure screen time is being used responsibly & safely at home and away



Important Next Steps

Smart and sustainable digital habits are more than just a one time plan. Enlist the help of others and build your support network



About Us

At Screen Time Clinic® we believe education and action is the best way to keep kids safe online. Without consistent and continual parental guidance, children struggle and fall victim to excessive time online, a Pandora's box of problems. But it's hard to be a parent in the digital age with rapidly evolving risks! We are experts so you can relax and bond with your child, not continually fight about screen time.

Even the most mature teenagers have trouble developing all the skills necessary for real life and academic success since the frontal lobe of the brain isn't fully developed until the mid 20's. Delayed gratification, self-advocacy, impulse control, and organizational skills are all a struggle without consistent modeling and support structures to keep them safe from addictions and dangerous thoughts and impulses.

For littles, the brain is 10 times more sensitive to visual stimulation than when they are 18 years old, making screen time a constant source of fascination that actually causes brain trauma according to new studies in 2023. The constant draw of technology makes learning real life skills even more difficult to master due to time online, even a little adds up due to the addictive design. No mindful parent ever regrets doing more to help their children— they wish they would have given into their demands less, or had less conflict, but almost always regret not spending MORE quality time and giving more guidance to prevent big problems later. No parent ever regrets setting systems to limit time online and have their children LESS distracted and influenced time online and MORE time in real life. We are here to help with course corrections or making a solid plan from the start.

At Screen Time Clinic® we help parents regain their children's attention, away from the screens that deplete developmental opportunities. We believe parents should set firm, healthy boundaries and clear family expectations, affirmed by studies in 2023 show that being a supportive parent and talking about risks or co-using actually increases the chance of addiction— actual limits must be set and addictive apps & games abstained. Youth are never too young or too old to gain valuable insight and support from parents. Although teachers spend a majority of time with children, family values and lifelong habits are primarily learned at home and dramatically effect learning stamina & success outcomes later in life. Parents are the front line protectors against digital harms.

Teachers can't implement screen time restrictions outside of school. Schools and the government can't force you or your children to use the provided software to self-limit usage even though it's constantly recommended by all health and educational organizations, consistently warned by the US Surgeon General. It's no secret technology is big business, and companies are well aware of how addictive their services are to all ages. NO amount of screen time has been proven safe, even EdTech has never been proven to be beneficial in learning objectives – yet kids are spending 4-18 hours a day on devices, average of 8 because there are no protections for youth in America and many affluent countries -- Big Tech puts all responsibility on parents and takes no responsibility themselves for the design and harms. We help kids, parents, and even adults reclaim humanity.

Everyone realizes there is a problem with excessive screen time usage, but there are few companies offering effective proven support to implement change. Most therapeutic options are expensive and less effective when screen time is out of control. We help kids of all ages feel better with forward planning, active professional guidance, resources, and candid feedback that you will receive from coaches & educators at Screen Time Clinic so your other efforts to help your child may flourish and not be sidelined by screen time! We are here to help.

The Family Foundation

Evaluate Your Support Network,
Dynamics, Routines and
Values that Guide & Protect
Children From Harm



Support Network

SCREEN TIME CLINIC

Clearly defining family values and vision forms the foundation for guiding decisions and long term stability – focusing on the actual, trustworthy people in your life who support these efforts for a happy and healthy family.

The following documents in *this section* will help you do just that!

As guardians of the family unit, parents are primarily responsible for the values and beliefs of the family. They are also ethically (and increasingly legally) responsible & liable for their children's well being and actions. A strong support network is essential to give all kids the best chance to achieve success that gives them as many options and opportunities as possible for their future. Children traditionally have access to mentors in school, but the most effective and consistent guidance comes from home-- NOT online influences out of your prevue or control. Your influence and structures at home are necessary when it comes to screens since strangers and negative influences are easily found online and strong algorithms draw children into what is engaging content that is sexual, shocking, or radical thinking, not what is normal or healthy to view at a young age.

Referencing specific family values guide responsible screen choices. Now is the time to use professional support and TAKE ACTION. Use this entire guide to clarify your understanding of the potential problems of screen time and build resolve to make change.

What are your family values? How are the different areas of your child's life reinforcing these values and contributing to the goals for your children? What actions are creating opportunities? What bad habits are getting in the way of success? Chances are leisure screen time is taking the place of other essential human skills & interactions that are important to learn while the brain is still developing.

The collage features four cards from the Screen Time Clinic:

- Support Network:** A card with a lightbulb icon and a checklist. It states: "Our real life support and friend network should be much larger and more consistent than any online friends or influences." It lists "Support Network" members: Parents, Family, Trusted Friends; Faith and Spiritual; Doctors, Psychologists, and Counselors; Teachers, Coaches, Mentors, Tutors and Community Leaders; Athletic Coaches. It asks "Who is part of your support network?" and "Where online do you find s". A checklist at the bottom asks: "Checkpoint: Are the people in your support network wo the same wellness goals? How are you careful of online often exhibit conditional friendships and can be risk?"
- Circle of Influence:** A card with a lightbulb icon. It states: "Children traditionally have access to mentors in school and community, but the most effective and consistent guidance comes from home. Your influence and structures at home are necessary when it comes to healthy screen balance." It includes a "Checkpoint: Everyone you consider part of your family, should be included on your list. Each family is unique with different contributors who help and hinder goals." It lists "Circle Who Belongs in Your **Real Life** Sphere of Influence": Mom, Dad, Sister, Brother, Stepmom, Stepdad, Step-brother, Step-sister, Grandparents, Aunt, Uncle, Coach, Spiritual Guide, Special Teacher, Mentor, Caregiver.
- Healthy & Busy Routines:** A card with a lightbulb icon. It states: "Routines help organize life and keep it from becoming too chaotic. Routines help avoid unintended negative behavioral addictions. Youth do best when routines are predictable, and consistent. Schedule activity time to avoid defaulting to screen time. Routines should depend on age and not be scheduled daily to avoid behavioral addictions." It lists "Morning", "Afternoon", and "Evening" sections for scheduling.
- Focus on Family Values:** A card with a lightbulb icon. It states: "You can refer to these or create your own... circle those you want your children to strive for!" It lists values in categories: Social (Teamwork, Honesty, Respectful, Generosity, Volunteering, Humanity, Humility), Political (Patriotism, Equality, Capitalism, Good citizen, Respectful, Duty to Serve), Spiritual (Faith, Growth, Respectful, Mindfulness, Religion, Traditions), Work (Teamwork, Doing your best, Building Savings & Wealth, New experiences, Personal Improvement, Welcome Challenges), Moral (Courageous, Honest, Trustworthy, Compassion, Patience, Take personal responsibility, Avoid addictions), and Recreational (Family bonding, Vacations, Outside activity, Unstructured play, Athletic challenges, Confidence building, Trying new things).

Healthy Friends & Strong Boundaries

★ Build New Friendships, Not Strangers ★

Keep a list of your friends and new people you meet as you discover new activities and groups. Label: Family & Best Friend (Green), Friends (Blue), Acquaintances (Yellow), Strangers/Web (Red)

We need at least 1 very close “best friend” who is healthy and who makes you laugh and do real life things together. These friends change & grow as we get older! How can we spend time to GROW our friend circle bigger?

Web/Strangers

- _____
- _____
- _____
- _____

More

Family & New Best Friend

We need many real life friends, so we can be friendly to people we meet in person (acquaintances) and learn to avoid strangers (online and in person) until we know they are safe because they know a trusted adult.

Very little time with strangers in person and pretend friends online

Current Tech Climate & Goals

Most parents don't exactly know how much time or what content children are consuming online. Use these guides to establish a baseline understanding of current use and future goals online.



Current Tech Climate

SCREEN TIME CLINIC

What Role Is Technology Playing In Your Home?

Let's take an objective look at different perspectives about technology within your family and how much time is **really** being spent online and viewing media. What time, type, when, and where is essential information needed to evaluate risk & make improvements. Screen time effects many different areas of infant, childhood, adolescent, and young adult developmental milestones.

An Eyes Wide Open Assessment Is Essential

Dealing with peer pressure and societal influences are a normal part of navigating life, but having someone trusted to put those thoughts into perspective and protect from undue negative influences is essential. **Digital media requires a high level of oversight from parents because there are no government protections yet in America as there are other countries.** What young children and teenagers think they know about their own actions and possible consequences is very different than what adults can see as a potentially harmful decision. This is referred to as "low cognitive control" normal part of a developing brain. Everyone wants their children to be happy and healthy, but when it comes to digital media parents tend to step back and not take a closer look—especially since children can be so convincing about their "need" to be connected online or that they should be trusted. Regardless of the age, accurate info is essential since it's often difficult to tell just from daily observations and underestimated.

Preventative measures are absolutely the best to keep kids safe and prevent behavior addictions! If there is already overuse, a thoughtful measured plan is essential--this is not a quick fix and parents require the most support to make changes with children, teens, young adults that can not happen without proper structures for healthy digital media at home.

The following worksheets will help you start objective discussions and take a look at what CURRENTLY going on with tech in your home and identify the need for changes.



Digital Media Myths & Facts

An unbiased
overview of the
research on screen
time and wellness.

Clarity on risks
builds resolve to do
better and protect.



Myths, Misconceptions, Facts

SCREEN TIME CLINIC

Common Myths, Objections & Misconceptions

- **Screen time is unrelated to autism spectrum symptoms, depression, anxiety or health issues**
- **Children have the ability to self-regulate, make their own healthy choices about temptation, understand compulsion, exercise restraint, and practice moderation on their own good judgment**
- **Parents should be supportive & not oversee children's choices, habits, or be a "helicopter parent"**
- **Failure and struggle is part of growing up and nothing should be done to help**
- **All kids get smart phones and iPads, there's no alternative and it will hurt them being left out**
- **You can't stop progress, they will need and use all these platforms & tech so why limit now?**
- **You should build trust by showing trust with your kids online, don't check their content or snoop.**
- **Everyone deserves privacy with their phones and online interests, I trust my child online.**
- **Children & teens will suffer being disconnected from their "friend" online seem fine to me!**
- **Why should I tell /teach my child or teen to limit when I use my technology all the time?**
- **Small amounts of screen time don't have negative effects on child development**
- **It makes my child happy and that's what I want them to experience, it can't really hurt!**
- **They will grow out of it. They need to learn how to code and use technology before high school or college. Everyone is doing it, it's useless to try and change what is already done.**

Facts to Consider

- **Screen Time is proven to be an environmental (preventable) cause or contributing factor of OCD, depression, anxiety, learning disabilities and other health conditions connected to the parasympathetic nervous system and brain development PLUS make these worse.**
- **By eliminating or reducing screen time many symptoms can be eliminated or reduced, there is always some improvement in self-regulation, behavior, social-emotional skills, and greater time management.**
- **The benefits of reducing or eliminating far outweigh any perceived risks of long term unhappiness, resistance, or loss of friends. Online friendships are not the same as real friends.**
- **Screen Time distorts reality and greatly increases negative feelings and dissatisfaction**
- **Screen Time affects the ability of the brain to physically develop properly and make healthy connections by taking time away from in-life learning experiences & processing, over developing primitive reward pathways, causing brain trauma as seen in brain scans.**
- **Screen Time is more appealing and addictive to those on the autism spectrum or high intelligence**
- **Multi-tasking (homework, movies, etc) with phones is particularly detrimental, 40% less retention, builds resistance to frontal lobe functioning, slowing cognition and reduces focus stamina**
- **Frontal lobe development in children is essential for skill development and ongoing until at least 24 years old- limited self-regulation and more susceptible to addiction of all types especially media**
- **Children, teens, and young adults struggle with self-awareness and rely on external corrective sources since the brain is not fully developed to make good judgments or identify consequences.**
- **Impulsivity is a constant struggle without structure and routines and expectations in place.**
- **Media steals time away from critical IRL developmental activities necessary for brain development**
- **Basic essential human functions like sleeping are greatly affected, eating disorders and obesity risk**
- **The amount of inappropriate material online shared by peers is increasing tenfold since the pandemic: sexually explicit content, racially insensitive, and online bullying is commonplace online**

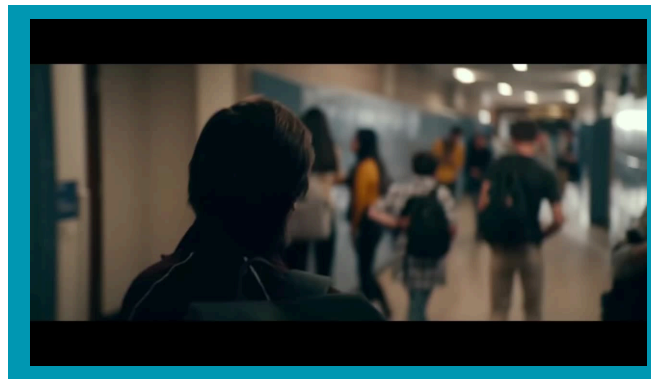
Visit website for links to these studies & new ones posted weekly screentimeclinic.com/articles

Digital Media Documentaries

SCREEN TIME CLINIC

“The Social Dilemma”

This film shows the cold hard facts of the technology industry, combined with a chilling dramatization of social media’s impact on family life. It’s not just a debate over what age a child should get a phone or whether to leave it out of the bedroom at night. It’s a hard look at why we’re in this position in the first place. It talks about how the harms from technology and how they often go unnoticed and are typically invisible until serious consequences arise after a prolonged period of overuse and changed behaviors. The business model of the tech industry – which is not designed to consider children’s best interests – is sabotaging parents efforts to reduce and making it extra difficult for their children to put down their screens. This is a great cautionary tale that is good for children to watch as well.



"Childhood 2.0"

“This film gives an eyes wide open view of the world children are navigating as they grow up in the digital age. Featuring actual parents and kids as well as industry-leading experts in child safety and development, this documentary dives into facts and the real-life issues facing kids today – including cyberbullying, online predators, suicidal ideation, pornography, and more. The biggest mistake parents make is thinking “not my kid”, this film is a must see for all. Visit <https://www.childhood2movie.com> / to view for free.



"Dr. Phil Show" and Many Many More!

Visit Us Online For More Videos:
<https://screentimeclinic.com/resources>

Craft Your Screen Smart Family Plan

Guidelines & printable resources for the whole family to stay focused on priorities and meet goals.

More than a list of rules these values based guides help formulate a sustainable plan.



A Screen Smart Family Plan

SCREEN TIME CLINIC

Let's put everyone's ideas, concerns, and goals together to formulate a written plan for each member of the family to focus everyone's efforts and set a common baseline standard.

As with all progress and stages of life, improvement in relationships with screens requires making adjustments like installing limiting and sharing software, having clocks in rooms or GoogleMini/Alexa/etc instead of relying on phones. Installing software to monitor and hold children responsible, paper visual tracking of progress, and having an ongoing conversation about the struggle and efforts that are being taken to meet low-usage goals. It takes a village and is not a quick fix but small steps are easy to begin making progress!

Set "approach" goals that focus on good outcomes that you want to reach. Approach goals are different from "avoidance" goals, which have to do with refraining from doing something negative. For example, rather than ONLY setting a goal to limit screen time (avoidance), set a goal & structure for outdoor play (approach), which would naturally take the place of time spent using screens and replace the anxiety around what to do instead. Remember, intentional quite/freeplay/bored time is okay too!

Remember, adolescent brains are extra sensitive and want more instant gratification of leisure screen time the more is consumed because it's designed to be addictive but we must resist overuse especially during the formative years before 24 years old.

Set aside previous misconceptions, judgments, and make a pact to move forward.

Utilize the printable guides in this section to define a plan for the whole family and individuals. Use for discussion purposes or to set parameters. Pick and choose what is best for your family based on each child's age & risk for Digital Media Overuse.

The collage features several key documents:

- Screen Smart Family Plan:** A comprehensive guide for families, including sections on family values, screen smart goals, and a responsible device agreement.
- Integrated Treatment Plan:** A document for parents and children, detailing screen time rules and consequences.
- STC Responsible Device Agreement:** A formal agreement for children and teens regarding screen use.
- Screen Smart Guide For Smart Screen Surfers:** A guide for older children and teens, covering topics like social media, gaming, and digital citizenship.
- TECH RESET PLAN:** A 28-week plan for families to address digital media overuse, including risk factor assessment and recommended actions.

Screen Smart Family Plan©

SCREEN TIME CLINIC

In an effort to work towards a more **peaceful & cohesive, respectful family**, become more mindful of others & our surroundings, we commit to **prioritize in-person interactions to maximize the developmental years** of the children ages 0-26 years old and set good examples and safe boundaries as parents. **Government protections and guidelines do NOT keep up with research on best digital practices.**

As parents, we agree to uphold these guidelines based on our **family values** to guide our decisions about when/if to allow access to technology, **not external pressure.**

As youth, we must allow parents to guide us safely to adulthood. Trust can not be given online to minors since platforms are designed to be manipulative & addictive with no safeguards from bullying, sexual content, predators and other harm. **Less or no time under 6 is best to prevent OCD and early onset of Virtual Autism since the brain is rapidly developing.**

It's appropriate as parents to say just "no" when it comes to apps, games, or time.

How We Practice Family Values

When considering how to guide children & teens and explain (not convince) to them WHY it's necessary. Practice activities that reinforce values that are proven to result in long term happiness and self-worth.

Value #1- Humility: defined as freedom from excessive pride, ego or arrogance : the quality or state of being humble in relation to others.

Self-objectification, vanity, alter egos and self-commodification online damage our true sense of self. Real life activity to support humility:

Value #4 Kindness and Respect- learn how to treat others, speak kindly and respectfully, considers others needs and contribute to the family

The culture of disrespect online with minimal consequences for actions online erode this value. Real life activity to support this:

Value #2- Empathy: The ability to relate to others, learn about cause and effects of situations how they creating emotions, and express sincere understanding or vicarious experience.

Empathy is misplaced online with strangers and manipulated causing anxiety. Practice real life empathy in everyday interactions and volunteering. How will you practice empathy?

Value #3- Curiosity and Knowledge of Positive Subject Matters- Have a broad interest in many different areas of life, activities, and idle time.

Avoid commercialized characters when young, inappropriate, harmful, disrespectful, or taboo material such as violence, sexually explicit material, radical theories, while the brain is still developing <25

Bonus Values! _____

What other areas will you work to build skills around as a value? These are some others that should come from family and are eroded online:

Financial Wellbeing ~ Faith ~Honesty ~ Nature ~ Academics ~ Service ~ Athletics ~ Focus Ability ~ Literacy ~ Mental Health ~ Patience ~ Body Health

Our Screen Smart Family Plan

SCREEN TIME CLINIC

Professionally
Determined
Screen Time

NOT determined by your age

Contributing factors:

- Media persuasive (addictive) design
- Media privacy & outside contact risks
- Media adult content concerns
- Other unpreventable harm risks
- Your propensity to choose screen time over healthy various alternative interests
- Our family values & future goals
- Your safety, mental health, self-regulation, and social-emotional level

Weekly Goals:

NAME

Phone:
Computer/Tablet:
Target Lights Out:

NAME

Phone:
Computer/Tablet:
Target Lights Out:

Priority Family Time:

Tech Away Days:

Evening Unplug Lights Down:

Docking Station & Times:

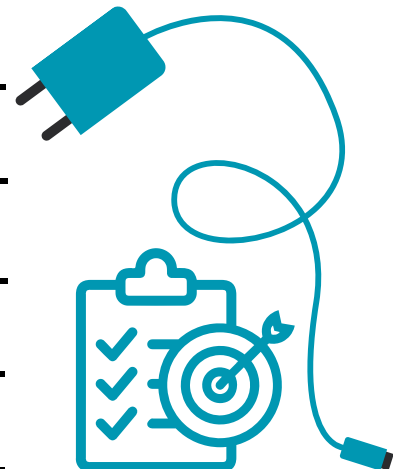
Home Wifi Monitored by:

Devices by:

CRAFTED WITH YOUR
STC EDUCATOR -
SCHEDULE YOUR 1-1
CONSULTATION

Target Day(s):
Target Time:
Other notes:

Target Day(s):
Target Time:
Other notes:



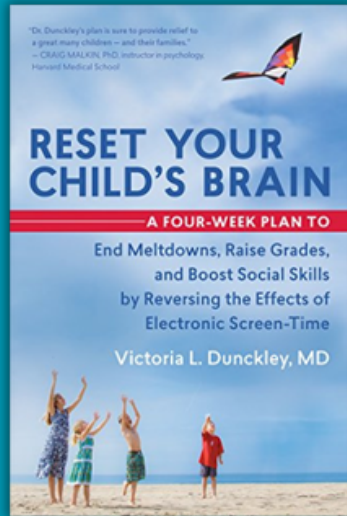
SCREEN TIME CLINIC

Help for Busy Parents

TechXpress Reset™



Fail-Proof
Guided Digital Detox
the time for change is now



A SCREEN DETOX BENEFITS ALL CHILDREN

4-8 week*

Strategic Reset

*start seeing results in 2 weeks!

Big Benefits of A RESET

Identifies Symptoms Caused by Early Exposure to Screen Time or EMF/Screen Sensitivities.

50-100% Improves Symptoms of ADHD, Autism Challenges, Behavior, Social-Emotional Deficits, Sleep, Eating and many other symptoms & behaviors Due to Years of Buildup in Screen Time Causing Neurological Overload

DMO Risk Factors: Disorders, Health Challenges, ailments. See list online (ex ASD, trauma, OCD, ADHD, etc)

Unsavoury Symptoms/Behavior Currently Experiencing - Circle

Impulsivity Disrespect Sleep Issues Suicidal or Homicidal Ideation Asking for More
Body Image Issues Headaches Poor Hygiene Behavior Disorders Anxiety Depression
Somatic Concerns Irritable Excessive Time on Tech Tantrums or Defiance Sexual Dysfunctions
Obesity Anorexia Stealing Lying Threats Refusal to Unplug Withdrawn
Avoidance Aggression Poor Study Habits Fixation on Fantasy -----

Pre-Planning Steps, Schedule, Safety & Screen Sweep Logistics, and Goals for Digital Detox or schedule your FREE Screen Sensitivity Evaluation to learn about a fully guided reset.

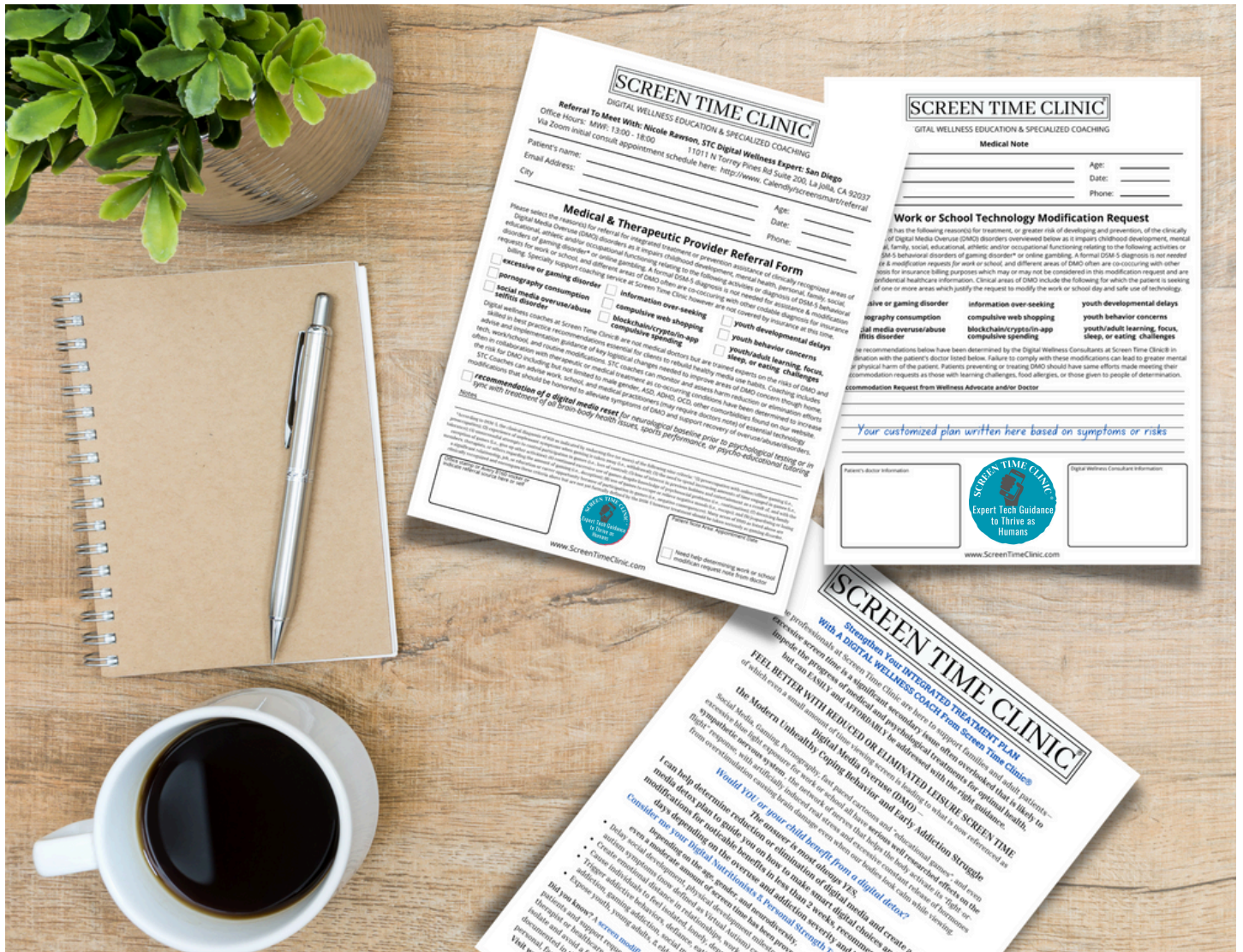
www.screentimeclinic.com

Integrated Treatment Plan

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More Support

You can ask for screen modifications for your child at school to be written into an IEP with the help of Digital Wellness Consultant, ASD Advocate, as well as your medical or psychoeducational professionals.



visit <https://screentimeclinic.com/referrals> for more info on how to get help advocating for change in schools (or work for young adults)

Screen Smart Guide For Littles

Smart Screen Swaps & Choices Start Young



Know your child's risk factors for electronic screen syndrome (ESS), including premature birth, autism spectrum, developmental delays



NO screen time recommended for at risk children for ALL littles under 2 years old (including viewing media on TV) by APA/CDC but best practice is NO screen time until 7 years old for brain development



Choose quality shows and delay social media and gaming until 18
Swap iPhones and iPads for distraction free devices, fewer apps.



Choose based on content and style of program, not child's enjoyment/fascination. Show/character obsession = overstimulation



Identify and avoid types of over-stimulating programs, watch from far away, not handheld. Even 30 minutes causes overstimulation



Limit time viewing to less than 1 hour per day over 2 years old if you must. No gaming or interactive screen time is safe due to addictive design & predator risks, YouTube Kids is not safe platform. Swap for longer shows.



Avoid animated, fast moving scenes, multiple sounds at once, interactive, high contrast, bright colors. Swap background TV to background music instead or podcasts.



Use real books, paper activities, outdoor time to teach and learn, 2D learning for littles does not translate over to real life skills. Don't use screens while eating, swap for coloring, reading, wiggling!



Instead of using screen time as a reward, schedule intentional time but not every day to prevent addiction.



Protect eyes: swap ipads for far away big screens! Passive viewing is better than interactive, even most educational games are addictive



Choose audio books screen-free storytime or smart speakers for music, more frequent bath times, quiet time, sleep re-training with early bedtimes



Instead of using TV as a babysitter, reach out to elderly neighbor, co-op play group, mother's helper, or playmates



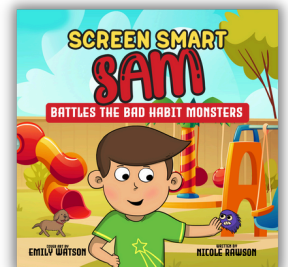
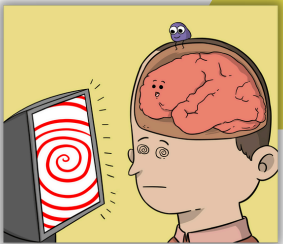
View slow TV programming together for bonding, talk about what you see, rather than cartoons



Instead of occupying littles on screens, involve them in cooking, cleaning, workout time.



Never use tech to solve tantrums, choose dance, music or teach self-soothing techniques



Re-wirement Tracking

Easy to reference, visual progress tracking - essential for building new habits. Based on proven strategies from Yale University

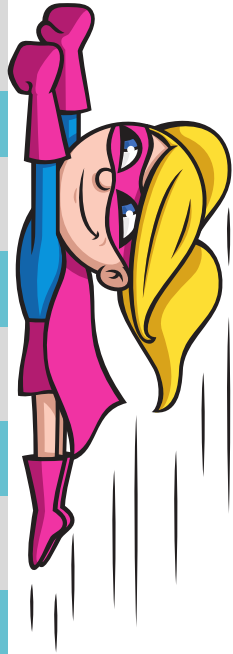
Write it down for greater success!



30 Days Read to Reset - Reclaim Your Superpower by Reading & Sleeping



Week # ____	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Start:							
Stop:							
Minutes:							
Week # ____							
Start:							
Stop:							
Minutes:							
Week # ____							
Start:							
Stop:							
Minutes:							
Week # ____							
Start:							
Stop:							
Minutes:							



Consistent Bedtimes are essential for children, teens, and adults!
 Your Goal: _____pm EVERY NIGHT

Books: _____



*Experts recommend 7:00pm bedtime grades 0-6th
 8:00pm 6th-8th grade then 9:00pm 9th, 10pm 10th ...*

Efficiently Monitor & Limit

Utilize professional services, special tools, devices, and consistent methods to ensure screen time is being used responsibly & safely

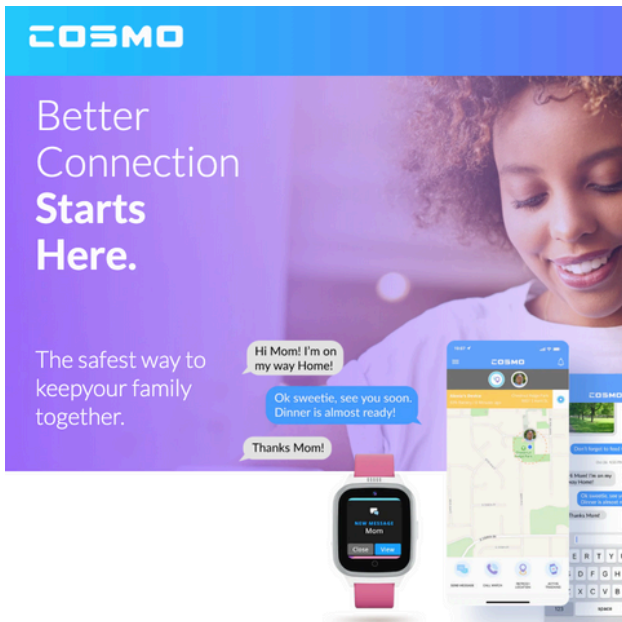


Screen Smart Devices Management

SCREEN TIME CLINIC

Check out the *Screen Time Clinic Phone Decision Tree on page 31* -- chances are a distraction free phone is the best choice for your family for safe communication from predators and protect from addiction and overuse, teach kids how to be "indistractable"

- Gabb Wireless discount code SCREENSMART
- Cosmo Technologies
- Pinwheel discount code SCREENSMARTTEN
- Wisephone (adults older teens)



Monitor Handheld Devices

SCREEN TIME CLINIC

If you do allow your children access to an iPhone or Android phone or iPad device, you must have monitoring software even if you only allow occasional access. Predators and pornography exposure can happen at any time since content is not safe as platforms claim since BigTech has no liability for exposure to harms.

Refer back to the *STC Phone Decision Tree* in this guide for reasons why an alternative safe phone is often better than iPhone or Android.

OurPact
The #1 Screen Time Management App for Parents
Set healthy device limits and know your kids are safe

- VIEW**: Get a screenshot view into their child's digital activity
- SET SCHEDULE**: Create schedules for your children's devices can connect to the internet throughout the day or by week
- DAILY ALLOWANCE**: Set a daily screen time limit for you kids to budget throughout the day
- APP BLOCKER**: Block specific apps like social media, while leaving educational

Get a screenshot view into your child's online activity

- VIEW ONLINE ACTIVITY
- SCHEDULE SCREEN TIME
- MANUAL BLOCK & GRANT
- BLOCK SPECIFIC APPS
- SCREEN TIME ALLOWANCE
- LOCATE YOUR FAMILY

OurPact was designed to help parents foster healthy device habits with their children. Tailor screen time according to any family routine. Teach time management using device limits. Never text your kids "Where are you?" again.

Must Have! ★★★★★

We were lucky to be told about this app from a friend! We have something like this through our cell carrier but it is such a pain to do. This app is so easy to set up and use! I highly recommend this to all parents!

Amazing ★★★★★

I've tried a bunch of different programs (like 30) but this is by far the best. It works amazingly well and is very accurate and reliable. This has really solved a problem for me...

Finally! ★★★★★

This is the tool I've been looking for to control screen use without having to make threats all the time

FAMILY LOCATOR
Quickly view the real-time location of your kids and their devices

NEW APPS
Receive all new apps as they are added on your child's device

Download for Free Today

Download on the App Store | GET IT ON Google Play

Annabelle
Default rules 7am - 8:30am
Settings | Pause

32 activities in last 7 days

Protection: 8 devices & apps
Alerts: 2 need review

Colin
Default rules 7am - 8:30am

Emoji Meaning Chart

Be aware that most emojis signify multiple meanings, and these meanings evolve quickly with new symbols emerging and trending rapidly.

Sexually Explicit Emojis	
🍑 Peach - Butt	👁️ Smiling face with horns - Wanting sex
🍌 Banana - Penis	👉 Smirking face - Sexual overtones
🍆 Eggplant - Penis	🍍 Pineapple - Swinging (sharing sexual partners)
🐕 Hot Dog - Penis	🌽 Corn - Porn
🐈 Cat - Vagina	🍝 Noodles - Nude picture
🍷 Peace sign - Vagina	👀 Eyes - Request for nude pictures
🍑 Cherry - Breasts, butt, or testicles	💣 Volcano - Orgasm
🔥 Fire - Hot or sexy	🍷 Bottle with popping cork - Orgasm
🍌 Hot face - Lust	💧 Sweat droplets - Any sexual fluid
🚗 Screwdriver - Sex	🥜 Peanut - Ejaculate
🧠 Brain - Oral sex	👉 Index pointing - Fingering
👅 Tongue - Oral sex	👉 Index pointing at okay hand - Penetrative sex
🍌 Okay hand - Anal sex	👉 Thinking - Oral sex
🍌 Donut - Anal sex	

Drug and Alcohol Emojis	
🍷 Pill - Adderall	🌿 Herb - Marijuana
🍷 Pill + Blue circle + Parking - Oxycodone & Percocet	🥬 Broccoli - Marijuana
😄 Relieved face - Getting high	🍁 Maple leaf - Marijuana
👊 Plug - Someone who can "hook you up", a drug dealer	🌨️ Snowflake - Cocaine
🚬 Exhaling smoke - Smoking, vaping, or marijuana	🚰 Gas pump - Gassled, i.e. intoxicated, marijuana
☁️ Face in clouds - Smoking, vaping, or marijuana	🍷 Alembic - Bong or other drug paraphernalia
🚬 Dashing away - Smoking or vaping	

Up next-- protect home devices from overuse and predators with mesh wifi routers

Parents: The Best Parental Control

SCREEN TIME CLINIC

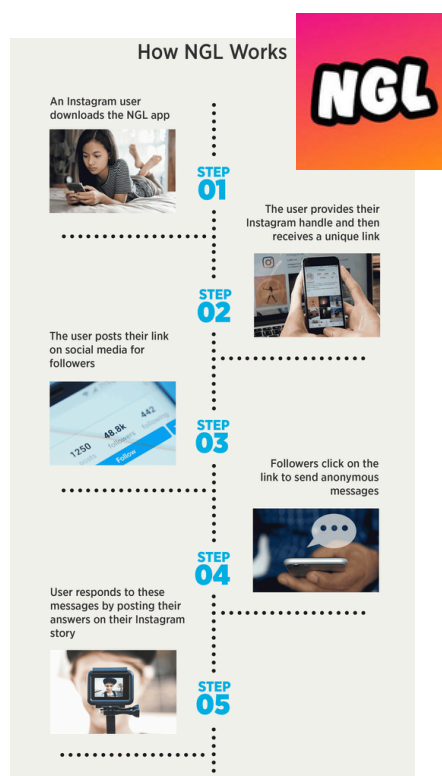
Parent Guidance and Oversight is Better than Any Tech Based Parental Controls

1. Even the youngest users know how to hack app controls. They are easy to search online and through friends, part of novelty seeking and testament to the addictive nature of apps.
2. Self regulation can not be taught only with time limits. Routines must be in place also to teach healthy self-regulation and other healthy life skills and habits we take for granted as adults.
3. Knowing all the parental controls and checking each app is very time consuming for parents and constant source of worry. The fewer apps the less worry! Freedom for parents AND minors! Even the best parental control apps that cover the whole phone can not monitor for everything and do not have 3rd party access to apps.
4. Parental controls in apps are like filters for cigarettes. The apps are still harmful even though BigTech claims they are being responsible with healthy way of using the app for minors. This just isn't true due to the highly addictive design and unregulated content driven by profits.
5. Regardless of your income and time affluence, the internet should be safe for kids, but it isn't in America. Abstaining from devices or apps is free for everyone and takes very little time. Still, lower income levels do not have access to education about the risks of screen time.
6. Preserve parent-child relationships with more in person time for a stable foundation and real life coming of age confidence not found online. As soon as children turn to social media and games they turn their back on parents, it's part of the technology design to hook them young and keep them as lifetime users. Delay access now so strong family bonds can get teens through puberty and into adulthood safely and supported by parents that care about them, not strangers.

What Parents Need to Know About Open App

-  **Anonymous connections:** Users are labeled as "friends", "friend of a friend" or "no label" (aka stranger).
-  **Discreet Username:** Open generates an anonymous nickname so users have no way of knowing who they are talking to.
-  **Private messaging:** Predators can privately message kids, build trust, and ask to continue the conversation on a more secure app like WhatsApp.
-  **Data Sharing:** Users' comments, interactions, and personal information are processed and shared with 3rd parties.

gabb



How Kids Buy Fentanyl

(and other drugs) on Social Media

1. **Drug dealers advertise** drugs on social media by using posts and stories with code words and emojis to not get flagged.
2. **Direct messaging** is used to discuss privately.
3. **The conversation moves** to a secure messaging app like WhatsApp.
4. **Payment is made** through apps like Venmo and Cash App.
5. **The drugs are shipped** and arrive by mail often in disguised packaging.

gabb

Safeguard Your Home Wifi

SCREEN TIME CLINIC

Invest in your peace of mind and gain a non-stop accountability partner in monitoring and reducing screen time by subscribing to the right service. Gryphon, OurPact Bark and others can help.

Too much gaming, social media and YouTube surfing? You CAN limit your children's computers and devices-- and still use your own!

How Gryphon and other parental control mesh wifi routers works:

It's a safe bet that you don't want your children or their friends surfing for porn on your home WiFi network. But what about other kinds of questionable online material? Would you allow your kids to view sites devoted to dating, gambling, hate speech, or weapons? As parents, our job is to make gaining access to any kind of potentially damaging websites nearly impossible for our kids. Fortunately there are different options...

Gryphon (<https://gryphonconnect.com/stc>) and Bark (<https://www.bark.us/learn/bark-home/>) offer easy-to-setup wireless routers to protect your home network. These wireless routers not only provide speedy internet access to all smartphones, tablets, and computers, but they also offer strong internet filtering to help protect your children from inappropriate or offensive online material using an easy to use management app.

Take the time to learn about the different options and pick one and USE IT! It is worth the time to set these up to protect your children and teens now and prevent heartache and regret in the future. *Physically put devices out of sight when not in use* to give the brain a break of thinking about them in a special place or check out <https://lootboxcharger.com/>

Protecting kids online is a serious parent responsibility since there are no government regulations that safeguard online content in place. Exposure to predators and pornography and explicit images is very serious at young and teen ages with the brain working so hard to make new connections and decipher information.



Next Steps!

Smart and sustainable digital habits are more than just a one time plan. Enlist the help of others and build your support network



Digital Wellness Plan Recap

Thanks for allowing us to bring thought into your screen time routines. Hopefully this guide has sparked new knowledge and a resolve to make big or small improvements to safeguard minors online.

Remember, any new routine is an adjustment and takes at least 60 days to become a habit. It is our goal to help you reach yours with a clear plan towards tech wellness!

We hope this guide has been helpful to lead you through a thoughtful measured process to educate and refocus your family; help parenting partners unite, or single parents become clear about what is necessary to help their children flourish in the digital age. A clear written plan is essential for long term success!

You Can Do It! There are many ways to find help and become a screen smart family!



About Us

Information about Screen Time Clinic® and background about our unbiased certified digital wellness educators



Family Foundation

Evaluate Your Support Network, Dynamics, Routines, and Values that Guide & Protect Children From Harm



Current Climate & Goals

Get curious! Evaluate each family member's current tech use and long term goal setting



Myths, Misconceptions & Facts

What current research (not Big Tech) says about why limiting is important and common myths about technology



STC Screen Smart Family Plan©

Guidelines & printable resources for the whole family to stay focused on priorities and meet new screen goals



Yale Proven Rewirement Plans

Easy to reference, visual progress tracking - proven essential for building new habits for technology, sleep, and more routines



Tools to Monitor & Limit

Utilize professional services, special tools, devices, and consistent methods to ensure screen time is being used responsibly & safely at home and away



Important Next Steps

Smart and sustainable digital habits are more than just a one time plan. Enlist the help of others and build your support network

Questions? Contact us!

Info@ScreenTimeClinic.com

