

SCREEN TIME CLINIC®

Empowering
Parents to Protect
& Guide Children
In the Digital Age



A Comprehensive Family Media Guide for Sustained Digital Wellness

*written by Nicole Rawson and
STC digital wellness educators
updated 10/2022*

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Why This Guide Is Essential

A practical PLAN for action for the whole family based on VALUES, not just checklists with your children's best interest in mind

We realize every family dynamic is different and each child presents unique challenges. This guide is a tool to help you and your support team better understand your current situation, areas of conflict or challenge, and goals you have for your children and family. It will help you identify areas that need improvement and new life goals and priorities that should be considered.

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, prevention of overuse is best!

About Us



Information about Screen Time Clinic and background about your success coach & network

Family Vision



Referencing good family values and support network guides responsible screen choices.

Current Climate & Goals



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

Myths, Misconceptions & Facts



What research says about why limiting is important and common myths about technology

STC Family Tech Wellness Plan©



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

STC Rewirement Plans



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

Monitor & Adjust



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

Important Next Steps



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

STC Team



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LEARN MORE AND BOOK



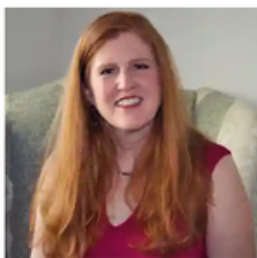
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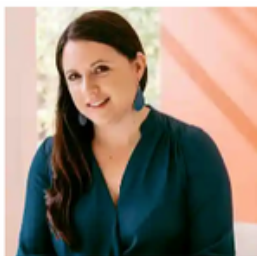
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Find More Trusted Digital Wellness Professionals In Your Area:
<https://screentimeclinic.com/stc-team>



Family Vision

Support Network
Dynamics
Routines
Values

Family Vision

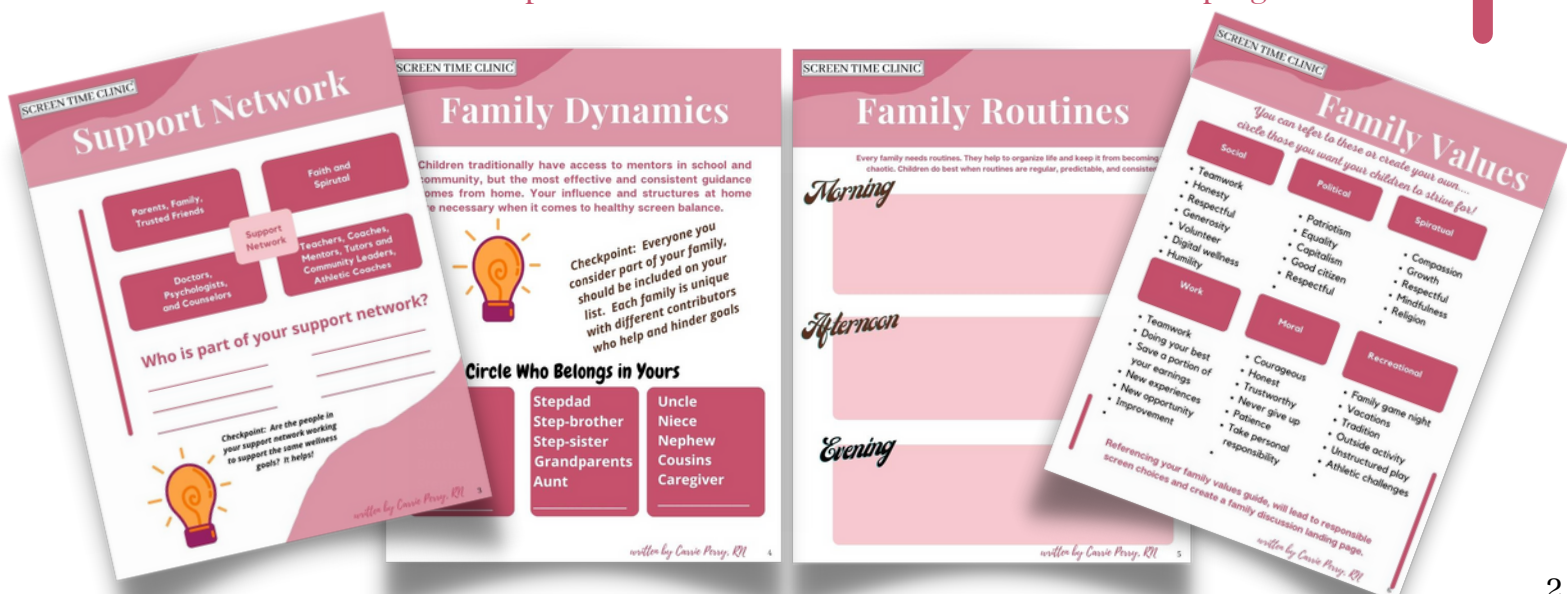
Let's talk about your values and vision for your family – and the people in your life who support these efforts for a happy and healthy family.

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 often legally) responsible 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. Your influence and structures at home are necessary when it comes to screens.

Referencing good 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 more opportunities? What bad habits are getting in the way of success? Chances are leisure screen time is taking the place of other essential skills & interactions that are important to learn while the brain is still developing.



Current Tech Climate & Goals

What are each family member's current technology habits and long term goals? Let's get curious not judgmental!

Your Family's Current Tech Attitude & Usage

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 best! 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.

SCREEN TIME CLINIC

A Closer Look.. Let's be Real

Family member: _____ Today's Date: _____

How long have you had a smart phone? _____

Do you monitor your own screen time? Y N Do you have limits on your own screen time? Y N

If yes, what program do you use to see this? _____ How often do you check it? _____

(Time is often dramatically underestimated... it's essential to track time accurately)

How would you rank the level of conflict in your home about YOUR phone? 1-10 _____

How would you rank the level of conflict in your home about OTHERS phones? 1-10 _____

How many hours per day do you THINK you spend on your phone? _____

School daynights _____ Weekends _____

How many hours do you actually spend (verify on phone screen time reports):

What %: Social media _____ Messages _____ YouTube _____ TikTok _____

Other _____

Notifications per day: _____ First pickup average time: _____ Total pickups _____

Daily usage:

Messages _____

Instagram _____

Snapchat _____

TikTok _____

YouTube _____

Hours of usage: Morning _____ School time _____ Night _____

How many hours per day do you spend gaming on a computer? _____

School daynights _____ Weekends _____

What games? _____

How many hours per day do you spend watching TV?

School daynights _____ Weekends _____

What programs? _____

SCREEN TIME CLINIC

Digital Media Overuse

digital media

Digital Media Overuse Checklist

Do you struggle to control the time you spend on digital media?

What types of digital media do you struggle with?

Have you attempted to put limits on your digital media use and were unable to do so?

Do your grades and/or job performance suffer due to your time online?

Do you neglect the management responsibilities (chores, paying bills, etc.) due to your time on digital media?

Are you overreactive, or do you become defensive when anyone asks you what you do online?

Do you get so fed up with all the stress, hygiene, eating habits, emotional health, and physical health that you want to quit?

Do you feel uncomfortable engaging in real life interactions with others and prefer online interactions?

As a parent, do you struggle to set limits on your child's digital media use because they get aggressive when you attempt to do so?

SCREEN TIME CLINIC

Teen Goals and Reflections

Do you want freedom to choose your job, where to live, what to do-- to be independent?

What things would you change about your family dynamic to be more positive in your mind?

What are your short and long term goals for your family?

How much screen time are you willing to give up to make positive changes within your family?

What do you think of your parent's screen time habits?

What do you think of your sibling's screen time habits?

Research shows developing humility, empathy, compassion, and other social emotional skills are critical for long term happiness -- while scrolling and gaming do not promote real friendships and take a real toll on mental health even with the best intentions to use mindfully. How can you spend more time offline developing these attributes and keep in mind even the best intentions of interactions online only mimic these qualities, not develop them.

READ MORE

Digital Media Overuse

VIDEO GAME ADDICTION

ABUSE STATISTICS
99% of boys under 18 across the world play video games regardless of the platform.

HOOKED ON VIDEO GAMES
The younger the gamer is, the easier it is for them to fall in a cycle of addiction

Studies show that people who keep gaming devices in their rooms are more prone to engage in addictive behaviors.

BECAUSE GAMING SEEMS HARMLESS IT'S OFTEN OVERLOOKED

WARNING SIGNS OF VIDEO GAMING

- Playing for increasingly longer periods of time.
- Using gaming to avoid real life issues
- Lying about how much time they spent gaming.
- Alienation from family & friends.
- Neglecting personal hygiene.

SOURCES

<http://www.telegraph.co.uk/news/science/science/11741234/Spend-an-hour-on-your-smartphone-daily-You-could-be-depressed.html>

<http://www.dailymail.co.uk/sciencetech/article-2061983/Teen-age-video-game-players-brains-like-gambling-addicts.html>

<http://www.sciencedaily.com/releases/2009/04/090420103547.html>

ASHWOOD RECOVERY
AT NORTHPOINT

Negative Effects OF SOCIAL MEDIA

- Depression
- Anxiety
- Lower self-esteem
- Less self-control
- PTSD Trigger
- Overeating
- Fear of Missing Out (FOMO)
- Hive Mind: Irrational conformity to a group's thinking



Digital Media Overuse Checklist



Video Games



Compulsive Spending



Information Overload



Social Media



Pornography

Do you struggle to control the time you spend on digital media?

What types of digital media do you struggle with?

Have you stopped engaging in other activities to use digital media?

Have you attempted to put limits on your digital media use and were unable to do so?

Do your grades and/or job performance suffer due to your time online?

Do you neglect life management responsibilities (chores, paying bills, etc.) due to your time on digital media?

Are you secretive, or do you become defensive when anyone asks you what you do online?

Has your self-care (e.g., sleep, hygiene, eating habits, exercise) been impacted because of your time online? If so, how?

Do you yell or feel annoyed if someone tries to interfere while you are online?

Do you feel uncomfortable engaging in real-life interactions with others and prefer online friendships?

As a parent, do you struggle to set limits on your child's digital media use because they get aggressive when you attempt to do so?



The Latest Research

Speech therapist: Too much tech at an early age can lead to late talking, misdiagnosis of autism

Rochester News, Kayla Green Apr 15, 2021

[PDF] Association between **screen time** exposure, anxiety, and sleep quality in adolescents

FL Santiago, AO da Silva, RI de Souza Silva... - Salud Mental, 2022

... The aim of this study was to analyze the association between sedentary **screen time** and sleep quality, regardless of the symptoms of anxiety in adolescents of both genders. Among the main results, we can highlight: a) a low prevalence of exposure ...



Between-and within-person associations of total **screen time** and mobile gaming time with sleep problems in young adults: daily assessment study

N Guo, TT Luk, Y Wu, AYK Lai, Y Li, DYT Cheung... - Addictive Behaviors, 2022

... The possibility of reverse causation between sleep problems and **screen time** remains understudied. Insomnia symptoms predicted ... total daily **screen time** without disrupting normal smartphone use during the 4-week daily assessment ...



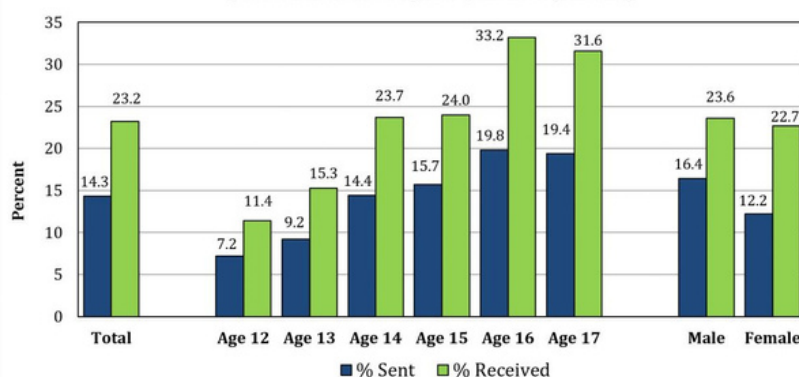
[PDF] The relationship between **screen time** and attention deficit hyperactivity disorder in Chinese preschool children under the multi-child policy: a cross-sectional survey

Y Zhou, X Jiang, R Wang, B Guo, J Cai, Y Gu, J Pei - 2022

... The results showed that the average daily **screen time** of preschool children was more than 1 hour, of which the average **screen time** on weekends was 1.13±0.80 hours per day. **Screen time** on weekends has a significant effect on ADHD symptoms ...



Sexting among Middle and High School Students
(2019 national U.S. sample of 4,972 12-17 year-olds)



Sameer Hinduja and Justin W. Patchin (2020)

Cyberbullying Research Center
www.cyberbullying.org

Teen Sexting A Real Risk with Smartphones

Top 10 Dangers of TikTok

1. Addictive nature of fast paced media and persuasive design of unregulated content to keep users engaged
2. It's a Chinese owned applications with clear privacy and personal information. collection violations
3. Global governments and organizations have banned the app or discouraged use due to privacy concerns. Including: US Navy, Army, Air Force, Coast Guard, and Marine Corps, US Department of Homeland Security, TSA (Transportation Security Administration), India, Amazon, Wells Fargo, US Democratic and Republican National Committees, Local governments in Japan, China itself does not allow access to the platform.
4. There have been instances of censorship of content that's considered sensitive to the Chinese Communist Party.
5. The app does not restrict explicit or inappropriate content by default, it's a feature that must be turned on using parental control settings.
6. It's a breeding ground for sex trafficking and pedophiles due to the lack of security on the platform.
7. Multiple experts refer to the platform as malware or spyware due to its similarities to surveillance tools.
8. hacker group called Anonymous has reportedly done extensive research on the app and warned users of its dangers:
9. Calling it an advertising platform is an understatement. TikTok is essentially malware that is targeting children.
10. Don't use TikTok. Don't let your friends and family use it. Delete TikTok now or never sign up.

Electronic Screen Syndrome (ESS) and Virtual Autism

Eliminate Vs Moderate

Risk Factors

Male gender: Boys' brains are more vulnerable in general* for many pediatric disorders — like ADHD, autism, tics, dyslexia and other learning disorders, and sensori-motor difficulties; boys are more likely to become addicted to screen-time; and boys are more likely to become dysregulated from smaller amounts of screen-time.

Younger age: Younger brains are still actively growing and developing, so they are more prone to dysregulation; infants and toddlers are most vulnerable of all, but consider age to be a separate risk factor if your child is twelve or younger.

Any psychiatric disorder: This includes mood, attention, behavior, anxiety, and addiction disorders.

Any neurological disorder: This includes tics, seizures, migraines, and genetic syndromes.

Any developmental disorder: This includes autism and intellectual disabilities.

Chronic medical conditions: This includes obesity, abnormal cholesterol levels, metabolic syndrome, diabetes, high blood pressure, musculoskeletal problems, pain conditions, allergies, and food sensitivities.

Any learning disorder: This includes reading, math, and writing disabilities.

Any sensori-motor disorder: This includes sensory processing disorder and fine or gross motor issues ("clumsiness").

Attention deficit issues: This includes attention difficulties for any reason, even if the child doesn't meet the full criteria for ADD/ADHD.

Performing academically below potential: This includes academic underperformance compared to peers and/or below the potential for that individual child.

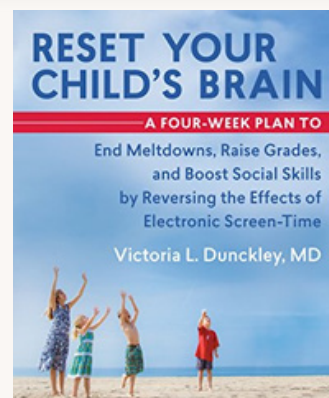
Poor social skills: This includes social difficulties related to any condition, whether related to autism, shyness, a difficult disposition, sensory issues, and so on.

Family history of addiction or major psychiatric illness: A family history of schizophrenia, bipolar disorder, suicide or severe depression, alcoholism, or drug abuse indicates your child may have a more vulnerable brain in general.

Screen Guidelines

- The more symptoms your child has, the stricter you need to be.
- The more severe any given symptom is, the stricter you need to be.
- The more risk factors your child has, the stricter you need to be (see below).
- The younger your child is, the stricter you need to be.
- When "things aren't working" (your child struggles with learning, relationships, meltdowns, and so on), screen-time should be reduced or eliminated.
- You'll never go wrong with "too little" screen-time; when in doubt, pull back.
- A resurgence of symptoms or a regression in functioning often suggests that screens have "sneaked back in." Whenever you see signs of Electronic Screen Syndrome (dysregulation and hyperarousal), reduce or eliminate screen-time or do another fast.
- If dysregulation returns, before making other treatment decisions — especially medication-related or expensive ones — try another fast first.
- If your child suffers a return of insomnia or non-restorative sleep, repeat the fast and consider elimination.
- Don't compare your child's screen-time allowance to that of other children — most children use screens much more than is recommended.
- Media multitasking worsens attention, efficiency, and accuracy — even if total screen-time is low.

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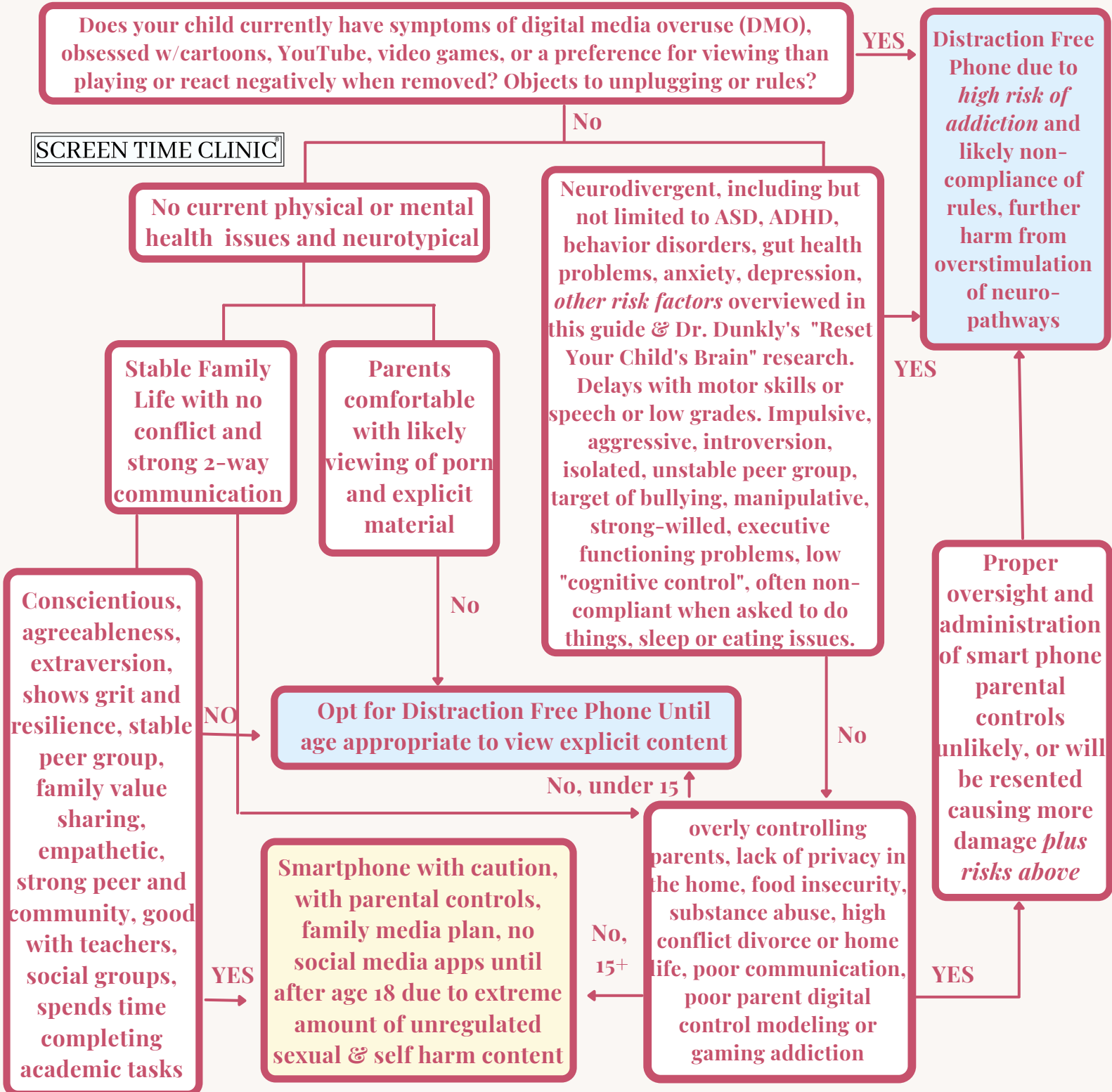
Recommendations based on research and methodology cited in Dr. Dunkley's book *Reset Your Child's Brain*

Best Practices: "Smart Phone" or "Distraction Free" Phone?

An important decision parents should consider to protect from explicit content & DMO.

Not only **WHEN** do you allow children to have a phone, but **WHAT TYPE**?

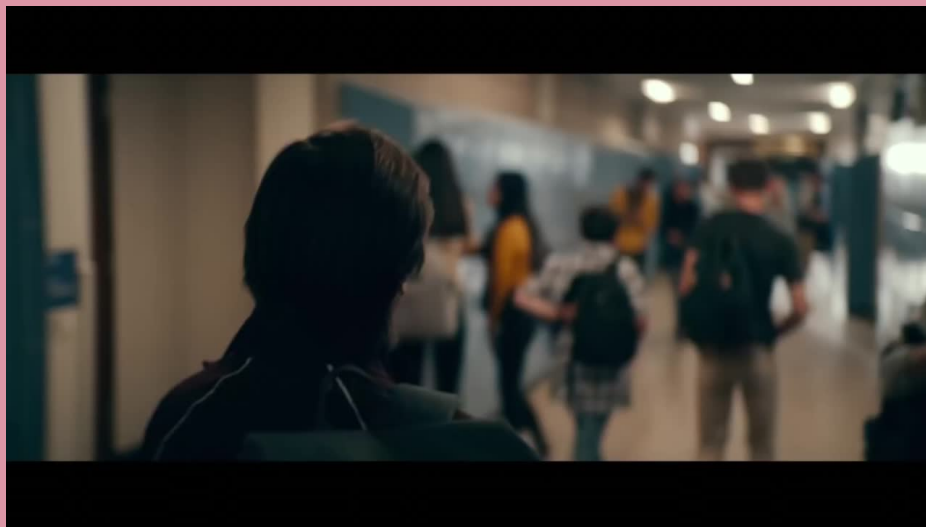
The best choice depends on not only the child but also family situation. Take a look at the *STC Phone Type Decision Tree* below for guidance. When in doubt, opt for "distraction free" phone with limited apps, since social media and gaming apps have unregulated explicit content and explosion of predators since 2020. The increasingly addictive design greatly impacts minors who are more sensitive to visual stimulation and more novelty seeking dopamine receptors. Always use parental controls and monitoring software on smartphones until age 18 until government safety standards for minors are enacted.



Must See Documentaries

“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.



Family Tech Wellness Plan

Guidelines & printable resources for the whole family to stay focused on priorities and meet goals. More than a list of rules these guides help formulate a sustainable plan.

STC Family Tech Wellness Plan

Let's put everyone's ideas, concerns, and goals together to formulate ONE plan for 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.

Screen Smart Guide For Littles

Smart Screen Usage 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 titles under 2 years old (including viewing media on TV) by AAP/ACDC
- Choose quality showings only 1 hour a day (2-3 years old) AND no diagnosis of delay or autism spectrum. Choose distraction free devices rather than iPhones for kids and teens when older.
- Choose based on content and style of program, not child's engagement/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. No gaming or interactive screen time is safe due to addictive design & predator risks
- Avoid animated, fast moving scenes, multiple sounds at once, interactive, high contrast, bright colors, no background TV playing
- Use real books, paper activities, outdoor time to teach and learn. 2D learning for littles does not translate over to real life skills
- Limit using screen time as a reward, schedule intentional time-use a time block to schedule the day
- Choose far away screens rather than pads or phones; passive viewing is better than interactive, even most educational games are addictive
- Choose interactive screen-free daytime like Tonies or smart speakers, more frequent bath times, quiet time, sleep training with early bedtimes
- Instead of using TV as a babysitter, reach out to elderly neighbor, on-op play group, mother's helper, or playmates
- View show TV programming together for bonding, talk about what you see, rather than cartoons
- Instead of occupying little on screens, involve them in cooking, cleaning, workout time
- Instead of using tech to solve tantrums, choose dance, music or teach self-soothing techniques

visit www.ScreenSmartTV.com to learn more

STC Responsible Media Use Pledge

1. I understand that having any phone, especially a smart phone, and/or access to a computer is a privilege not a right and I accept the following responsibilities as a condition to having a phone:

- Content consumed on my device or exchanged with others is never private even when deleted or hidden.
- Everything that I text or post online can and will be read, shared, and used by others. All of my text, comments, photos, private messages, direct messages, and photos are permanently "logged" on the internet. Report with questionable content and assessed by people wanting to profit, cause harm, or used by computers to sell my reputation score later in life to measure my risky online behavior.
- My parents should have all my account info and passwords, privacy and trust are not for sale online.
- Therefore, nothing I do on the internet should be considered private. My physical and mental safety in person and online is my parents and my top priority. Anything that when strangers behind people online to turn them away in person and every common sense since 2000. The amount of self harm, suicide, and distractions is all on all time high.
- Soliciting (intentionally or distributing) nude or sexually explicit photos of myself or others is a crime and especially if the subject under 18 is under 18 it is a felony and needs to be reported to my parents immediately if someone sends me nude or sexually explicit photos or posts. I will NOT ASK for "nudes" or post or send any suggestive photos- nothing is private and reputations will be damaged. Report immediately to parent!
- I will not use pornography, joke about it with others due to serious damaging psychological & physical effects.
- Focus on school work is essential for building a strong foundation of future options. I only have a limited amount of time to focus on these basic studies without additional responsibilities of supporting myself or others. I agree to attend and complete my schedule of academic classes every day without procrastination to have healthy study habits. I will ask for help when I need it. I will be well rested for school and prepared to learn.
- Quality education is a luxury and opportunity many people can not afford. It is the law to attend every day when required. I should do my best to learn and not distract others efforts to disengage myself while at school.
- I will respect others people's time including my friends by not harassing them with texts, negative comments or otherwise talking back. I will behave online as respectfully as I do in person. I will not use apps that promote this.
- The more education & real life experiences I receive as a young adult the more job options and life choices I will have later in life. The ability to choose the type of work, choose where I live, who I live with, where I travel, what to do for enjoyment, how I can help others, and the ability to save for retirement and not work at some point in the future by choice or all ages. Because my brain is rapidly developing until age 25, I understand my judgment often is impulsive and will respect my parents' mature guidance even if I disagree with it and understand screen limits.
- I will abide by the law and will not engage in underage drinking, use, hate speech, or drug use after promoted online.
- Photos, apps, and video games are designed to be addictive and do not have my mental health in mind regardless of my intent, artificial intelligence pushing content to me is stronger than my own intention for use.

The ultimate goal of this pledge is to become aware of my own screen time use, choose interesting & educational real life experiences, realize the addictive nature and negative effects too much time has on my emotional and intellectual development, and build the mental toughness to follow a healthy daily routine while limiting my technology use within a supportive family to lead a productive, content, independent life in the future.

sign date _____

STC Responsible Phone Agreement

Family Values determine routines & consequences

access to tech: _____

how we earn, save, & spend money: _____

family values are the foundation that futures are built upon.

Access to tech for children & teens is a privilege - not a right of passage

- Place phones in a bin immediately when entering home & _____ time at night. Use mindfully.
- Only use as needed during routine time, no continual access or instant messaging
- Use calculators, computers, or other ways to gain information other than the phone to avoid continual distractions studying and multi-tasking. No watching TV and using phones.
- No phones in bedrooms (ever or after _____ pm), reserve bedrooms for relaxing, reading & sleeping.
- No phones in bathrooms or shower, tubs. Respect yourself & keep tech and pics clean
- No phones in the car- ALL occupants should be aware of the road for safety & learning.
- No phones at the dinner table or home or out. Savor your food, enjoy the silence or talk to others, observe your surroundings, mind your manners & listen to others
- If you need to take a call during screen down time, be polite & explain the circumstance
- When possible, call friends or family and talk or video chat, don't always use text.
- Utilize distraction free devices instead of smart phones, choose apps wisely with permission
- Comply with parental control on a mesh Wi-Fi, settings to prevent overuse, predators, content
- Conduct yourself online with respect, never soliciting photos or distributing photos of others

_____ all family members sign & date

TECH RESET PLAN

2-6 week new plan

Determine Risk Factors for Electronic Screen Syndrome (ESS) to determine Elimination vs Moderation

Risk Factors Diagnosed or Suspected or Suggested:

Unsavory Symptoms/Behavior Currently Experiencing - Circle

Impulsivity	Overweight	Sleep Issues	Stress or Humiliation
Body Image Issues	Headaches	Poor Hygiene	Behavior Disorders
Socially Conscious	Excessive Time on Tech	Defiance	Social Dysfunction
Obsessive	Anxious	Shyness	Teens
Academic	Aggression	Poor Study Habits	Frustration in Learning

Recommended Plan of Action (preventative measures, family-guided reset, harm reduction, coach guided reset, or medical professional detail)

SCREEN TIME CLINIC

Re-wirement Tracking

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

Efficiently Monitor & Limit

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

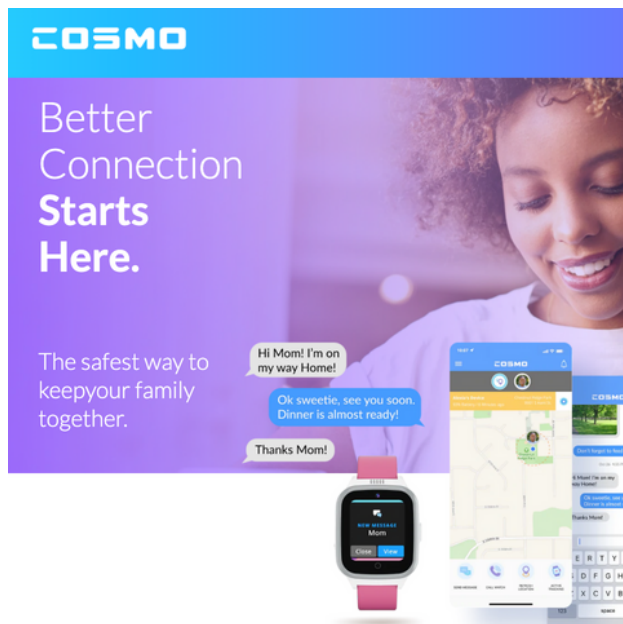
Best Practices: Delay Access to SmartPhones choose tools for a distraction free, safe for minors

SCREEN TIME CLINIC®

Check out the *Screen Time Clinic Phone Decision Tree* on page 31 --

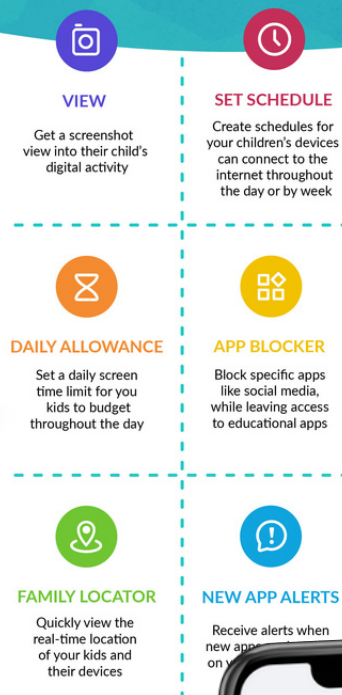
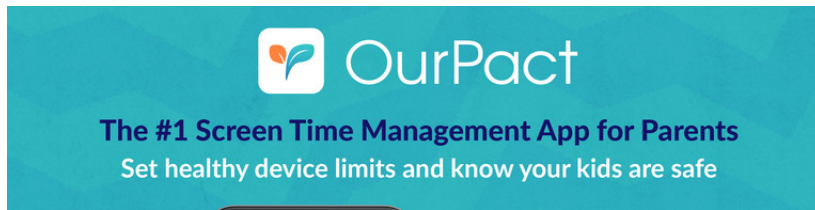
chances are a distraction free phone is the best choice for your family for safe communication from predators and protect from addiction and overuse, teach kids how to be "indistractable"

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



Protect with Professional "Parental Control" Subscriptions

SCREEN TIME CLINIC®



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

OUR PACT EASY SET-UP VIDEOS
iOS

<https://vimeo.com/441055346>

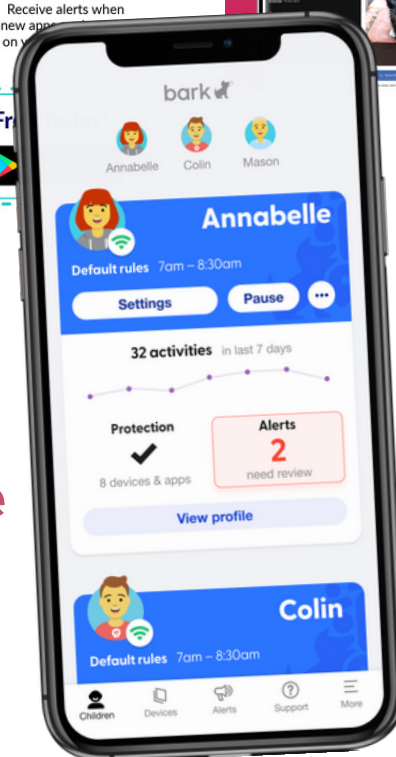
Android

<https://vimeo.com/462766913>

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.

Otherwise use these apps to monitor for safe communication from predators and limit time to protect from overuse



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 - Penis	🍌 Noodles - Nude picture
🍌 Peace sign - Penis	👁️ Eyes - Request for nude pictures
🍌 Taco - Penis	🌋 Volcano - Orgasm
🍌 Cherry - Breasts, butt, or testicles	🍷 Bottle with popping cork - Orgasm
🔥 Fire - Hot or sexy	💧 Sweat droplets - Any sexual fluid
🍌 Hot face - Lust	🍌 Peanut - Ejaculate
🍌 Screwdriver - Sex	👉 Index pointing - Fingering
🧠 Brain - Oral sex	👉 Index pointing at okay hand - Penetrative sex
👅 Tongue - Oral sex	👉 Thinking - Oral sex
🍌 Okay hand - Anal 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 - Gassed, 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



Next Steps!

Interested in learning more?

Here are more ways to help
you. reach your goals.

Keep Kids In Your Community Safe Schedule a School Seminar for Parents, Students, or Teachers

Schedule an inspiring and eye-opening presentation about cyber safety, brain development and media stimulation, and essential tools for parents to proactively guide tech use at home to maximize critical childhood developmental time.

- **Prefrontal Cortex Development and Lack of Insight**
 - Inability to control impulses
 - Inability to foresee future consequences
 - Dangers of multitasking and brain development
- **Media Stimulation Sensitivity at Different Ages**
 - Younger children are more sensitive to visual stimulation
 - Overstimulation of even 30 minutes causes disfunction
 - Reduces focus stamina for in-person learning and activities
- **Addictive designs and contributors to risky behavior**
 - Using for entertainment vs information
 - Apps and games are designed for continual use
 - Some children more susceptible to overuse & addiction
 - Male gender, autism spectrum, disabilities
- **Overview of the main Apps & Platforms**
 - Risks of gaming apps: predators and addictive design
 - Social Media and mental health, body image issues, predators
 - Culture of disrespect and violence online accessible to all age users
 - Basic privacy settings and policies IF apps are allowed
 - Delay access to apps and smart phones until high school
 - Risky behavior temptations: Sexting, Bullying, Porn
 - How to utilize parental control apps
- **Protect Your Children: Setting up Systems for Success at Home**
 - Set your children up for success with a clear family plan around media
 - Trust should not be developed online, too many areas of risk
 - Monitoring on a regular basis, establish boundaries for use
 - Continual reinforcement of healthy tech habits transfer to adult habits
- **Attributes that Create Happiness and Success Aren't Found Online**
 - Keep the focus on local community & family values, not online fantasy
 - Spend right amount of time studying, reading, and creative at home
 - Big benefits of volunteering, meditation, and exercise
 - Essential function of sleep, most children do not get enough
 - In person friendship management builds confidence
 - Humility, perseverance, trying new things builds sense of self



**Find A Trusted Certified
Digital Wellness Educator In
Your Local Area:**
[https://screentimeclinic.com
/stc-team](https://screentimeclinic.com/stc-team)

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Questions?
Contact Us!

info@screentimeclinic.com

