SCREEN SMART SAM

16 Risky Problems

www.ScreenSmartSam.com

Know Better Do Better!

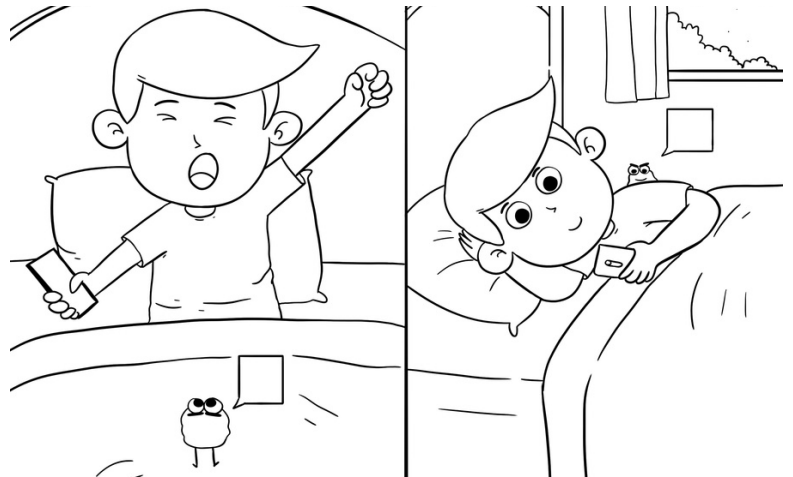**16 Solutions**

GAMING DANGERS

☑ really, no video game time is safe due to addictive design makes you want more & more, plus strangers online

SLEEP PROBLEMS

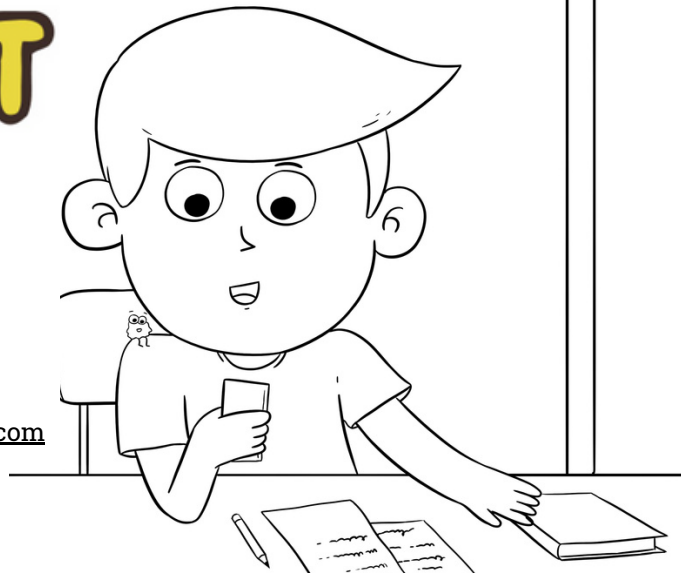☑ early to bed, no screens in bedrooms

MISSED TIME WITH REAL FRIENDS

☑ no devices during school, activites, playdates, or youth groups

SCREEN TIME CLINIC®

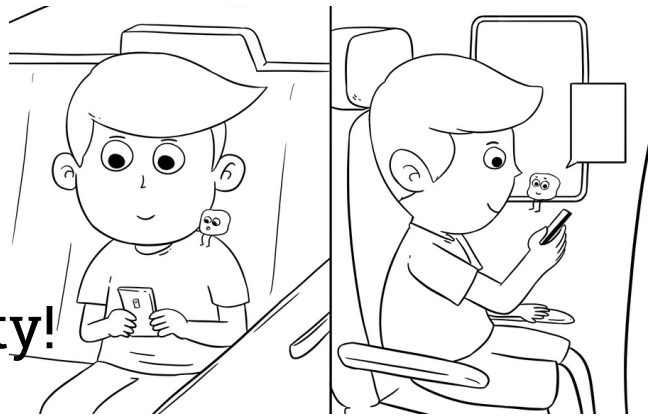# SCREEN SMART SAM

EXPLICIT PHOTOS

Careful of bad pictures
Don't ask for nudes,
tell if you receive things
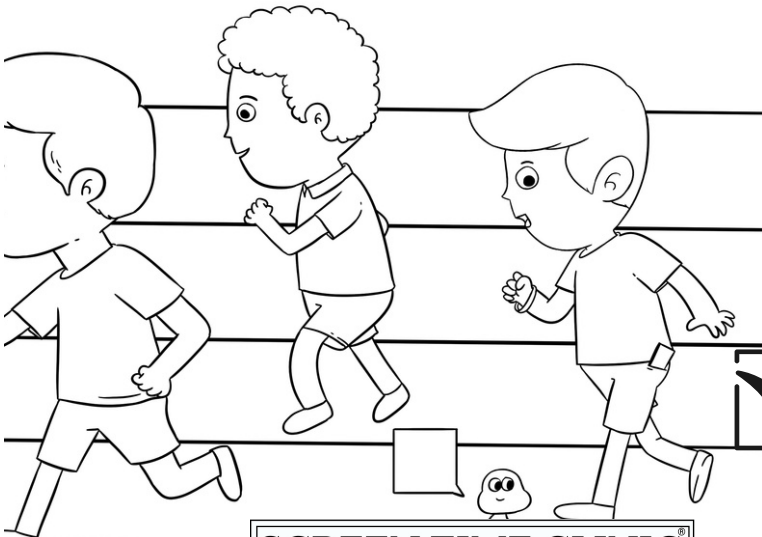that don't look right.
It's the law!

LOST TIME DAYDREAMING

look around in silence,
think about the world.
Quiet time helps creativity!

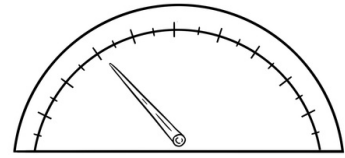## DECREASED MOVEMENT & EYE STRAIN

stay off devices to protect
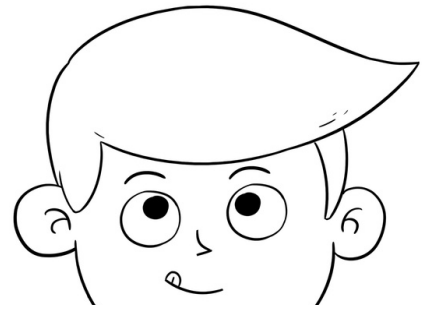your eyes and makes your
body stronger

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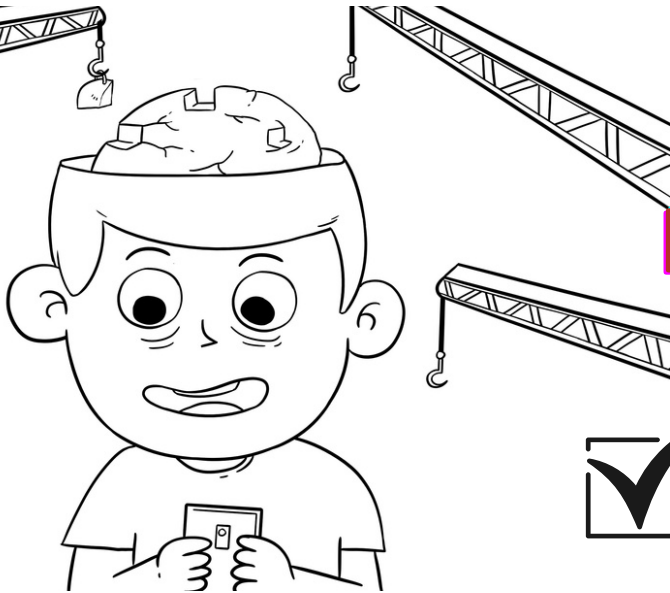
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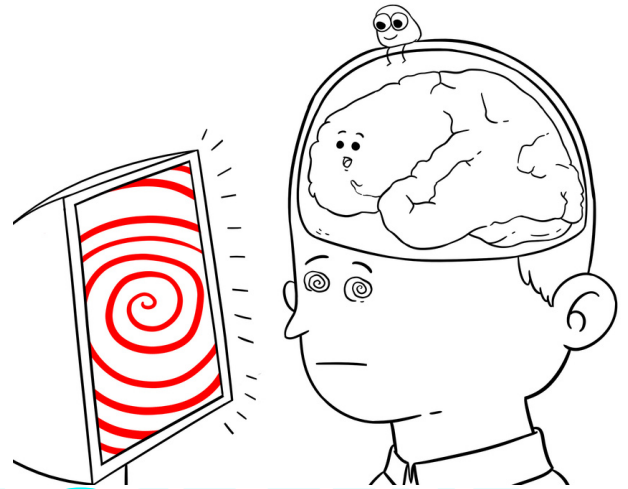BAD   GOOD

CAUTION: BRAIN DAMAGE

Screen time and TV damages your brain connections.

DEPRESSION & ANXIETY RISK

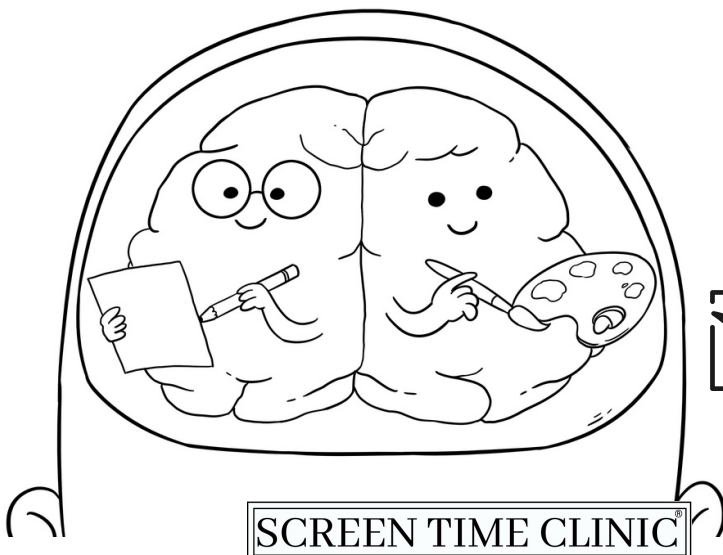viewing social media and YouTube creates big problems

LOST TIME: LEARN IN REAL LIFE

Learning on screens isn't the best way to learn. Read, play, and find other fun things to do!

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LOW GRADES

☑ Spend time on homework and reading at home

BEHAVIOR PROBLEMS

☑ Feeling mad or grouchy? Just say no to screen time to feel better and be nicer!

LOST INTEREST AND FOCUS STAMINA

☑ no phones at school, reduce time at home

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Know Better Do Better!

16 Solutions

GAMING DANGERS

☑ solutions: _____

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SLEEP PROBLEMS

☑ solutions: _____

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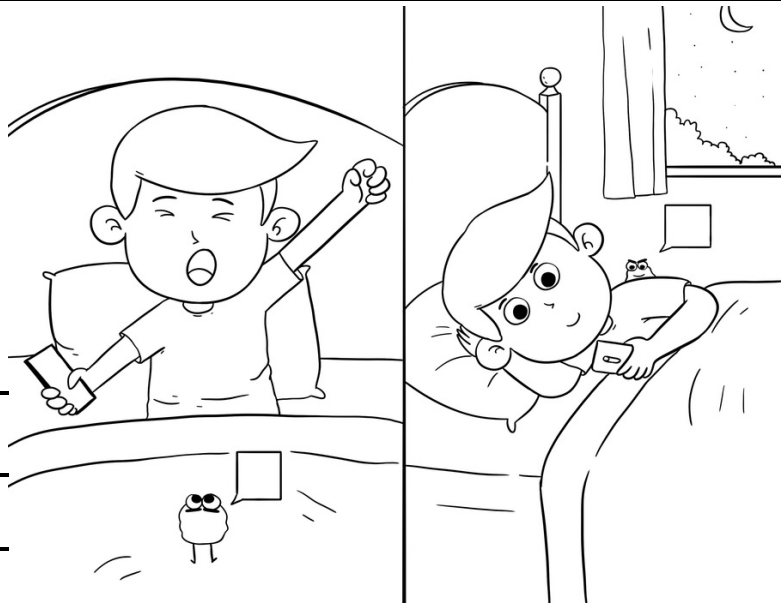
MISSED TIME WITH REAL FRIENDS

☑ solutions: _____

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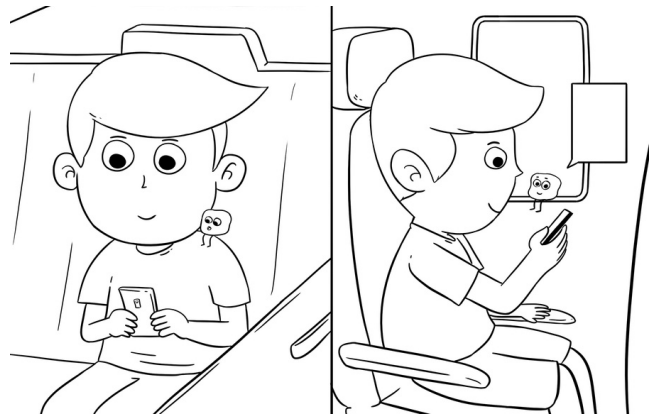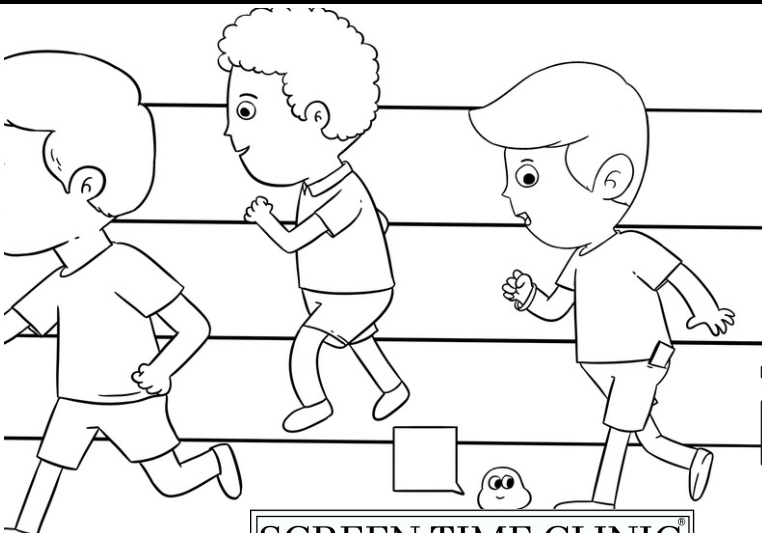www.ScreenSmartSam.com

EXPLICIT PHOTOS

☑ solutions:_____

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LOST TIME DAYDREAMING

☑ solutions:_____

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DECREASED MOVEMENT & EYE STRAIN

☑ solutions:_____

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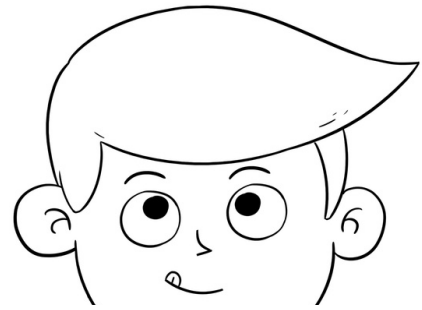
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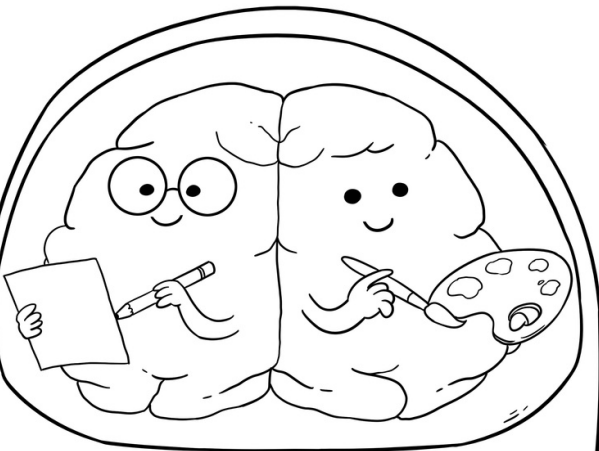
BAD   GOOD
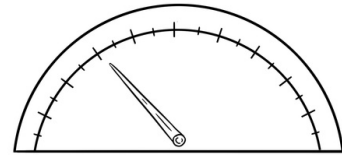
CAUTION: BRAIN DAMAGE
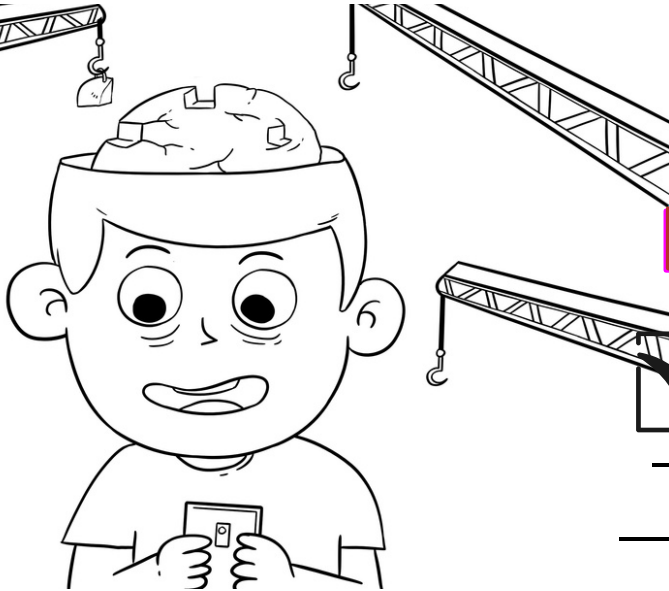
☑ solutions:_____

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DEPRESSION & ANXIETY RISK

☑ solutions:_____

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LOST TIME: LEARN IN REAL LIFE

☑ solutions:_____

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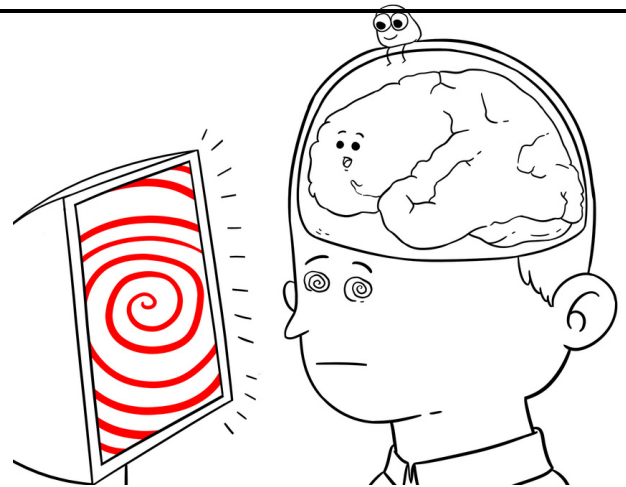SCREEN TIME CLINIC

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LOW GRADES

☑ solutions:_____

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BEHAVIOR PROBLEMS

☑ solutions:_____

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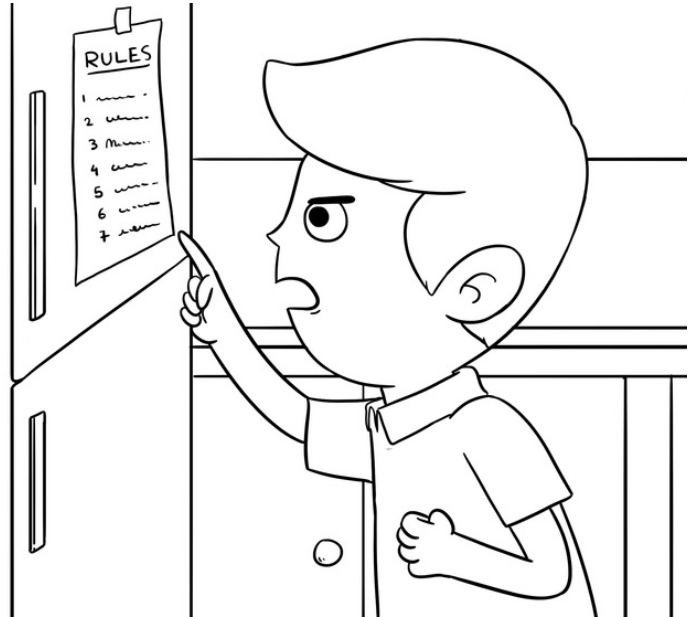
LOST INTEREST AND FOCUS

☑ solutions:_____

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