

# SCREEN SMART SAM

BATTLES THE BAD HABIT MONSTERS



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*Welcome Parents!*

Please visit [www.ScreenSmartFamilies.org](http://www.ScreenSmartFamilies.org)  
to access special FREE resources to use with the book,  
research links, and digital citizenship support materials.

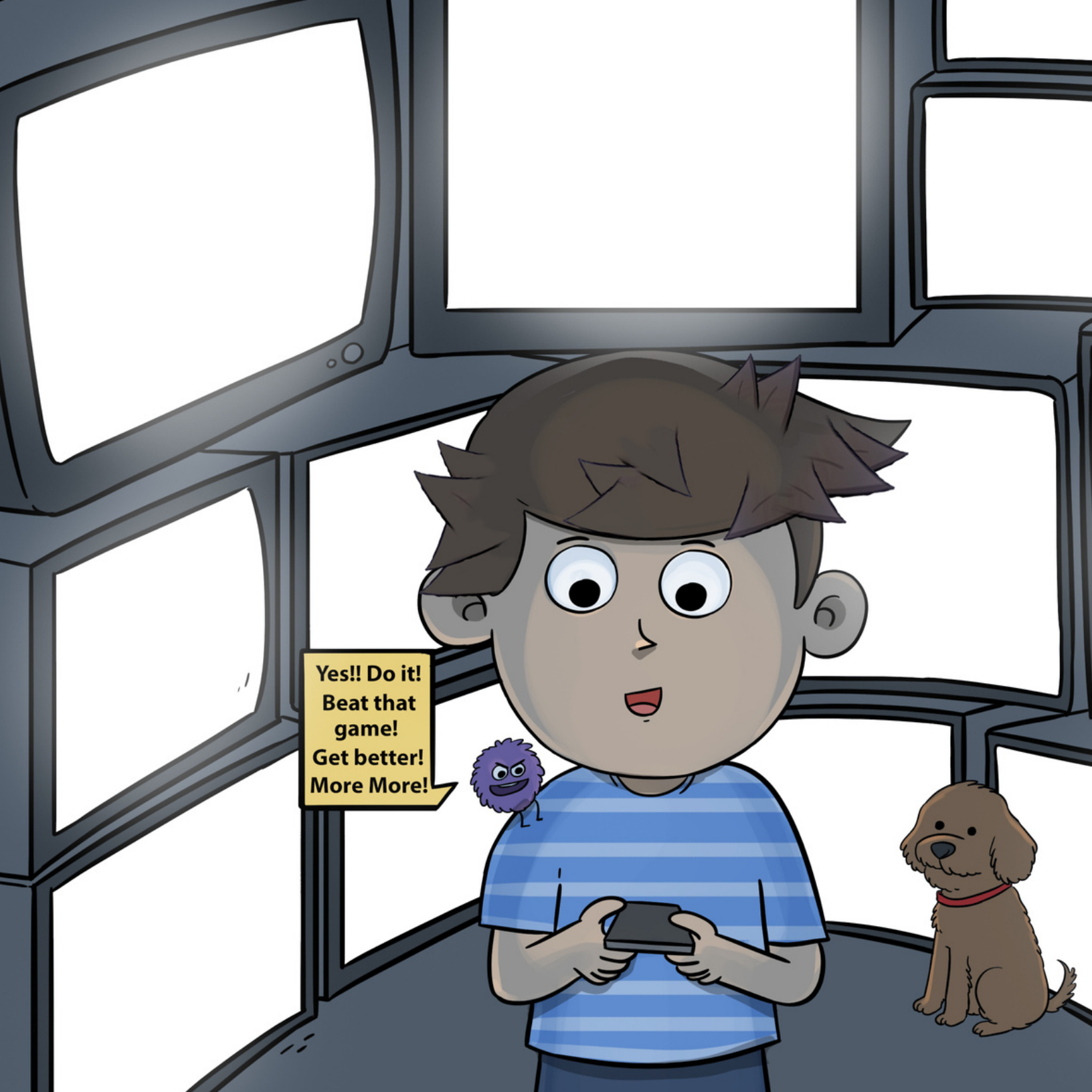


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For more  
information please contact  
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**Yes!! Do it!  
Beat that  
game!  
Get better!  
More More!**



This is Sam.

Sam loves to use all types of screens in elementary school and already has a smartphone.

Big screens, little screens, computer screens, phone screens.

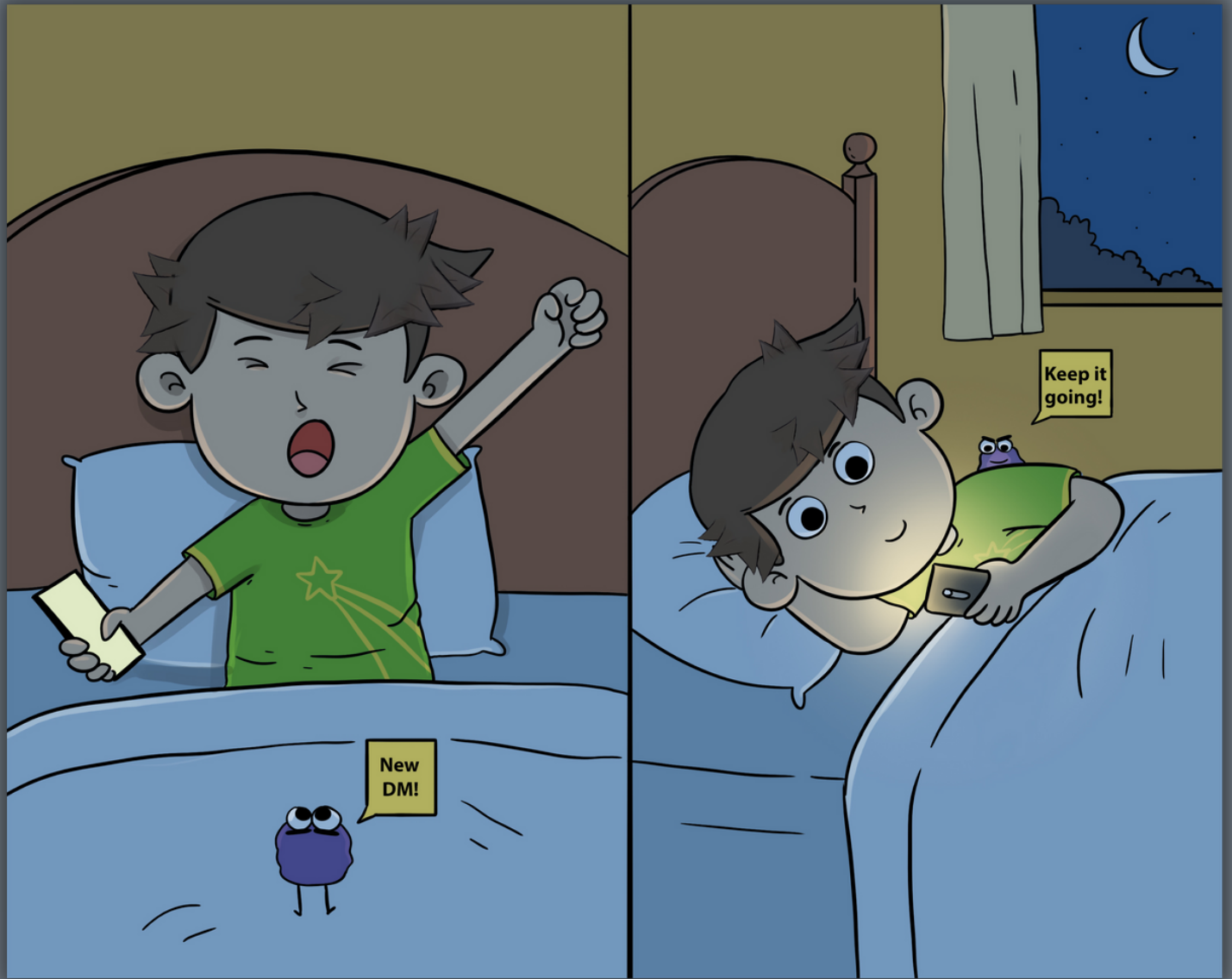
Sam likes using all of them from a very early age.

Sam's bad habit monster pushes Sam to steal time for screens.

ALL - THE - TIME  
on Sam's mind.

Sam loves to play **video games** and watch others play games. Sam likes to post pictures and look at pictures of other people. Sometimes Sam reads information on screens to help solve problems... **but not often!**





Early in the morning and **late** into the night, Sam spends lots of time on screens. Sam should be sleeping and growing.

The **blue light** from screens is bad for eyes and sleep cycles, but the bad habit monsters keep Sam awake.

Sam and friends use their phones at the same time at lunch.  
But they only talk about what they see **on screens**.

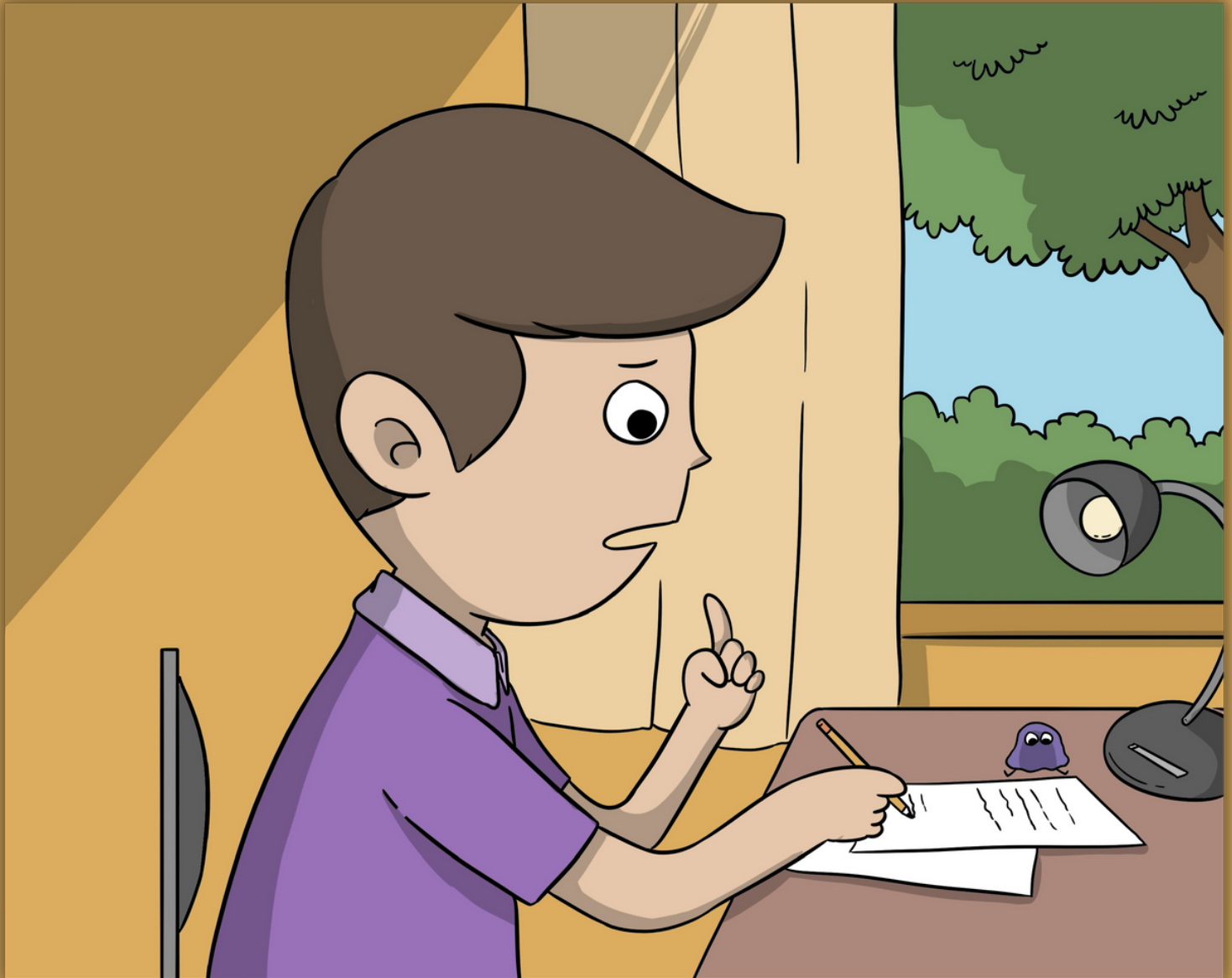
Sometimes kids get **mean** messages that cause **sad** feelings, but they don't even realize it's a problem.



The **bad habit monsters** keep screen time increasing and nobody notices.



Patience, **gratitude**, and humility can't be developed online. Sam gets older but the brain stays focused on screens. Sometimes Sam doesn't even attend school! **Creativity** is lost to cyberspace. Something needs to change – soon!

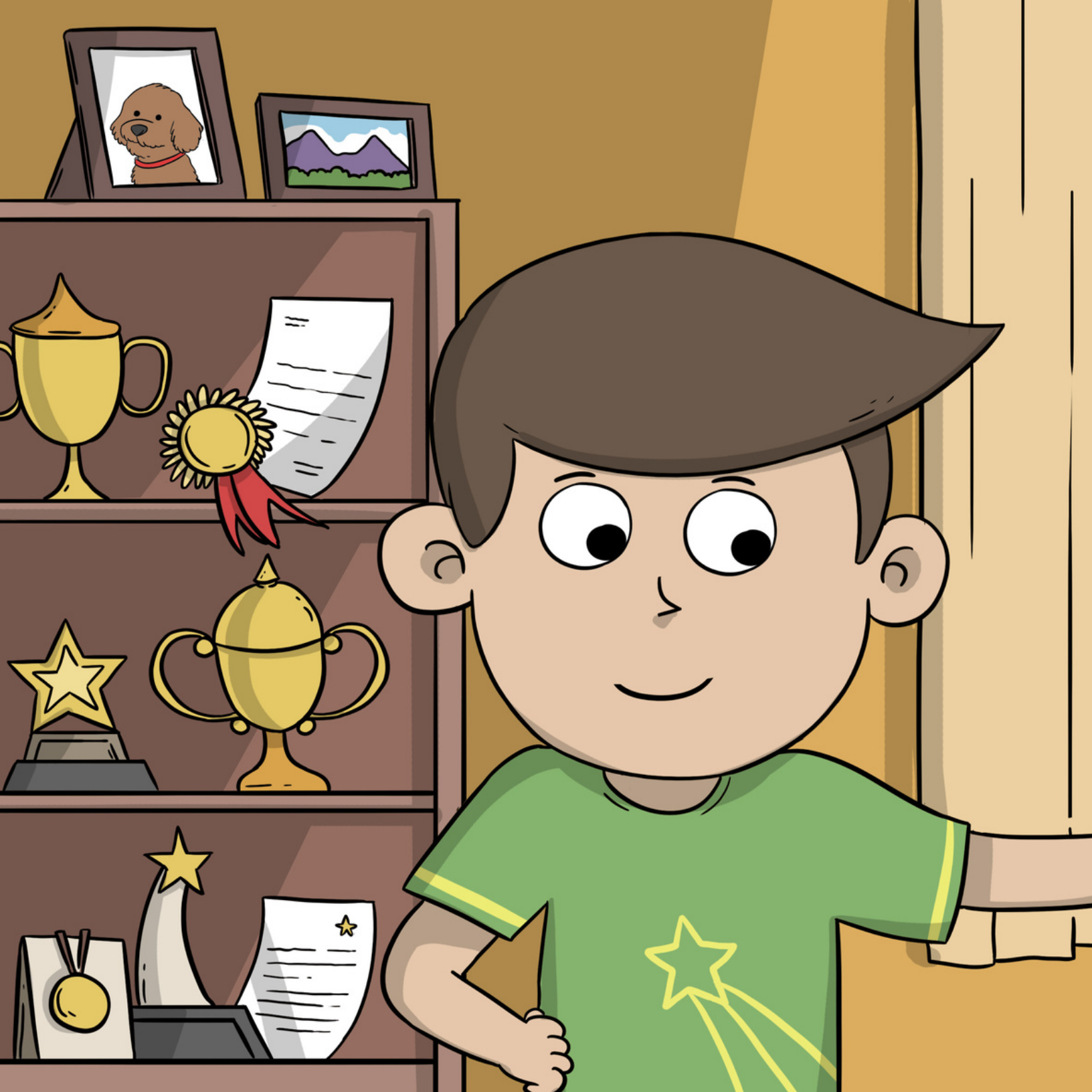


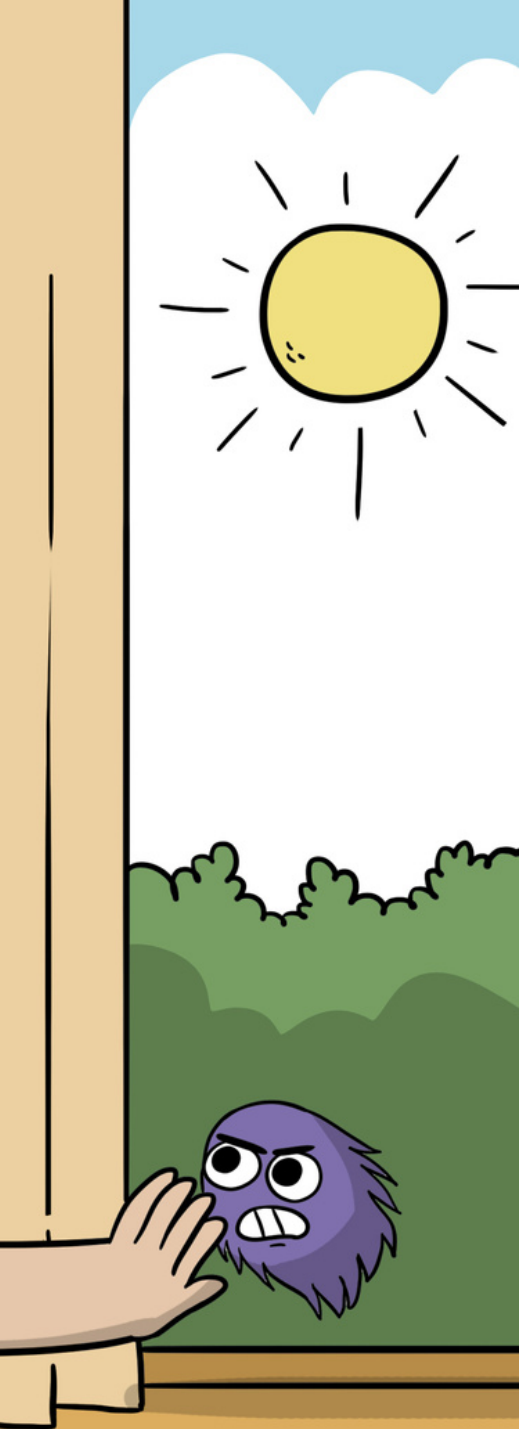


Finally, Sam's family decides screen time should **not** be **all the time**. Some new rules are set and all screens are taken away for a time. Sam is mad, but Sam's parents stand strong, knowing Sam's brain can't **self-regulate**.



Sam learns to use screens **responsibly**. Sam sets screens aside, uses computers as a tool, and chooses to spend time with people over time online. Sam thinks about the future and is **careful** to keep screen time limited.





Sam's new way of interacting with screens as a teen creates healthy digital habits for life!

Sam's sister is happy to grow up without constant tech temptations.

Sam's parent's feel confident about guiding with healthy boundaries, even when it wasn't always easy.

Sam's family is proud to be screen smart!