

Screen Time

Practical Tips for Parents and Teens

Understanding the Impact of Smartphones

Smartphones and other digital devices are important in today's world, providing many benefits but also bringing some challenges. Research shows that too much screen time can negatively affect mood, sleep, and the ability to focus.^{10,11} These effects can be especially strong in the developing teenage brain.

Working together to create healthier digital habits now can help teens learn how to manage screen time on their own in the future. Here are some tools to help manage screen time, along with tips for talking about and setting up healthy screen time habits.

Android Phones – Getting Started

Two options:

1. "Google Family Link:" Monitor and adjust screen time remotely from guardian's device.
2. Direct Setup: Set up and manage screen time directly on your teen's device.

Set Up Google Family Link:



Guide to Parental Controls:



iPhones – Getting Started

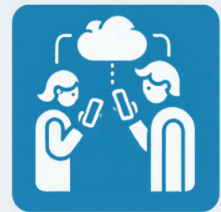
Two options:

1. "Family Sharing:" Monitor and adjust teen's screen time remotely from guardian's iPhone.
2. Direct Setup: Set up and manage screen time directly on your teen's device.

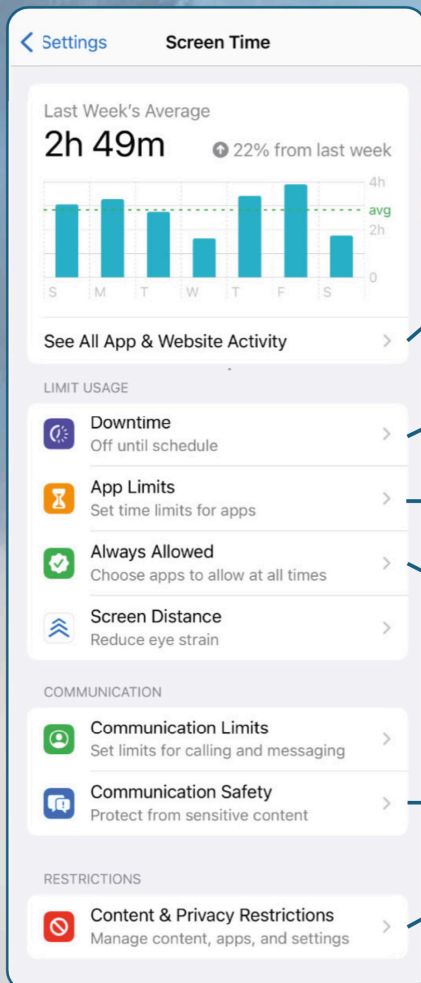
Set Up Family Sharing:



Guide to Using Screen Time:



Guide to Parental Controls:



Balance, collaborate, and communicate for healthy screen time habits:



Review Screen Time: Sit down together to review screen time data. Collaboratively identify areas of heavy use and discuss what days and times might benefit from going screen-free.



Plan Downtime: Consider scheduling downtime starting 30-60 minutes before bed and lasting through sleep hours (eg, until 5 or 6am).



Set App Time Limits: Collaborate to set daily time limits for specific apps like social media or games. Be sure to set "Block at end of limit."



Prioritize Essential Apps: Decide on essential apps (eg, Maps, Emergency Calls) that stay accessible during Downtime. See considerations here:



Discuss Content Restrictions: Discuss age-appropriate restrictions for new app downloads or mature content.

Continue the conversation at home

... with AAP's interactive "Family Media Plan" tool:

www.tinyurl.com/FamilyScreenTimePlan5

