



MANAGING SCREENTIME WITH EASE HANDOUT

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LICENSED CLINICAL PSYCHOLOGIST

NAME

DATE

What are the things you want to change about screen time in your home?



What facts about screentime stood out to you the most?



What are the hurdles you are facing around screentime in your home?



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Identify two reasons that this is important for your family?



What strategies are you most likely to use? When will you commit to start?



Resources

Helpful websites all ages:

<https://www.common sense media.org/>

<https://www.healthyscreenhabits.org/tools>

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>

<https://www.parents.com/parenting/better-parenting/teenagers/screen-time-experts-say-quality-matters-more-than-quantity-especially-in-a-pandemic/>

<https://www.verywellfamily.com/best-free-educational-websites-for-kids-3129084>

For teen needs:

<https://kidshealth.org/en/teens/internet-safety.html>

<https://www.psu.edu/news/research/story/risk-teens-may-face-increased-online-threats/>

<https://www.verizon.com/about/parenting/text-abbreviations-and-acronyms-every-parent-should-know>

Current Research

<https://www.pewresearch.org/internet/2020/07/28/parental-views-about-youtube/>

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2808593>

<https://scopeblog.stanford.edu/2022/12/09/screen-time-the-good-the-healthy-and-the-mind-numbing/>