



DIGITAL CITIZENSHIP

Device Responsibility



Screen Time



Manage the time your
kids spend on their
tablets and phones

Screen Time



What is a **SCREEN?**

- Televisions - Tablets
- Computers - Smartphones
- Laptops



WHAT IS **SCREEN TIME?**

- Watching live TV programming
- Playing video games
- Watching DVDs or online shows
- Going to the movies
- Using a computer or phone to go online
- Texting



Screen Time

WHAT LIMITS ARE BEST FOR KIDS AT EVERY AGE?

Every child is different and recommendations for screen time vary. Here are some general guidelines for reasonable media use based on age:

Ages 0 to 2



Ages 2 to 3



Ages 3 to 5



Ages 5 to 6



Ages 6 to 12



Screen Time



HAZARDS OF TOO MUCH SCREEN TIME



Being a couch potato is just the tip of the iceberg. Excessive use of TV, video games and cell phones are associated with all sorts of problems for kids:

Household Rules

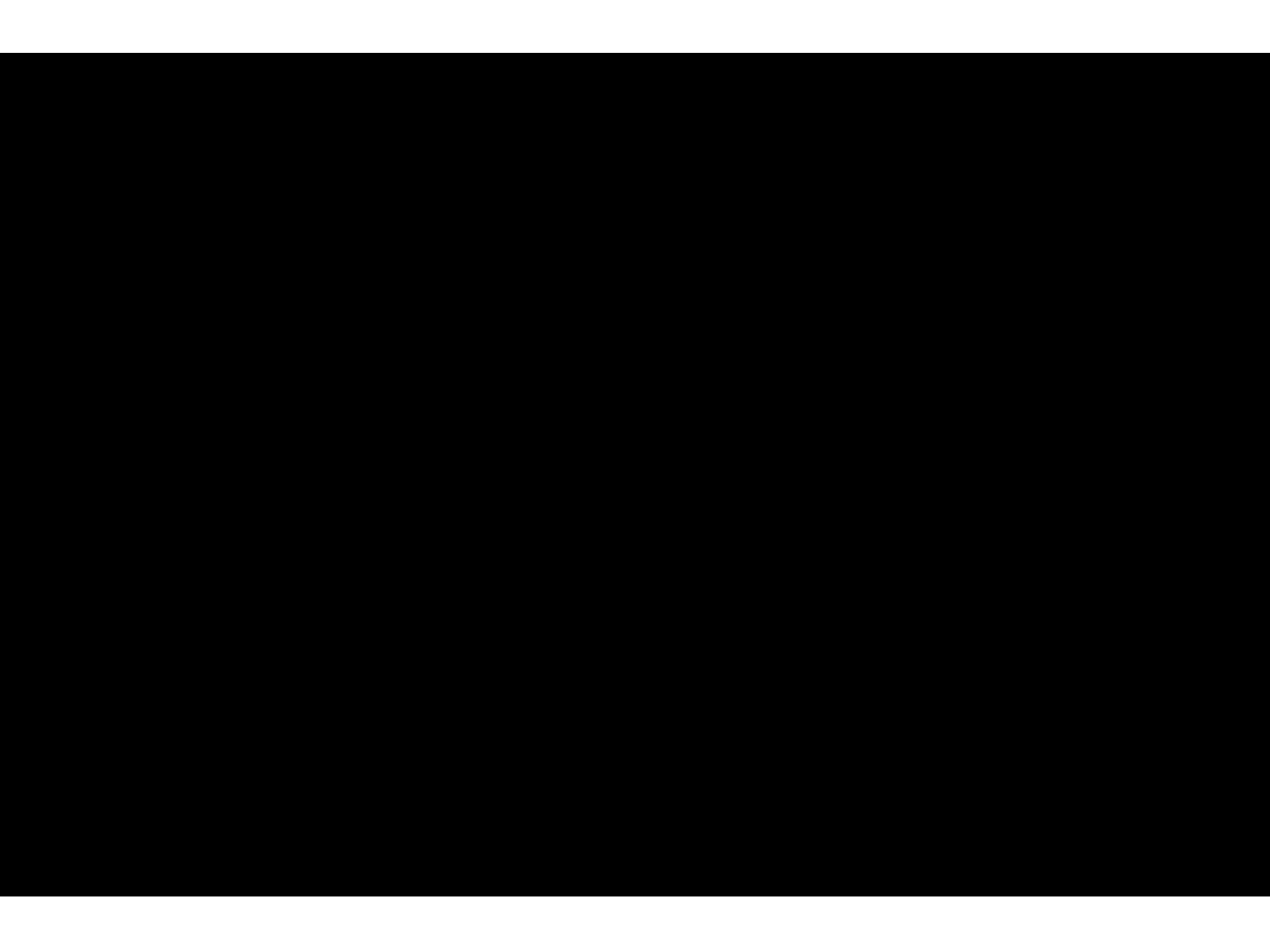
No screens until homework is done.

Keep devices in a common area where children will be monitored.

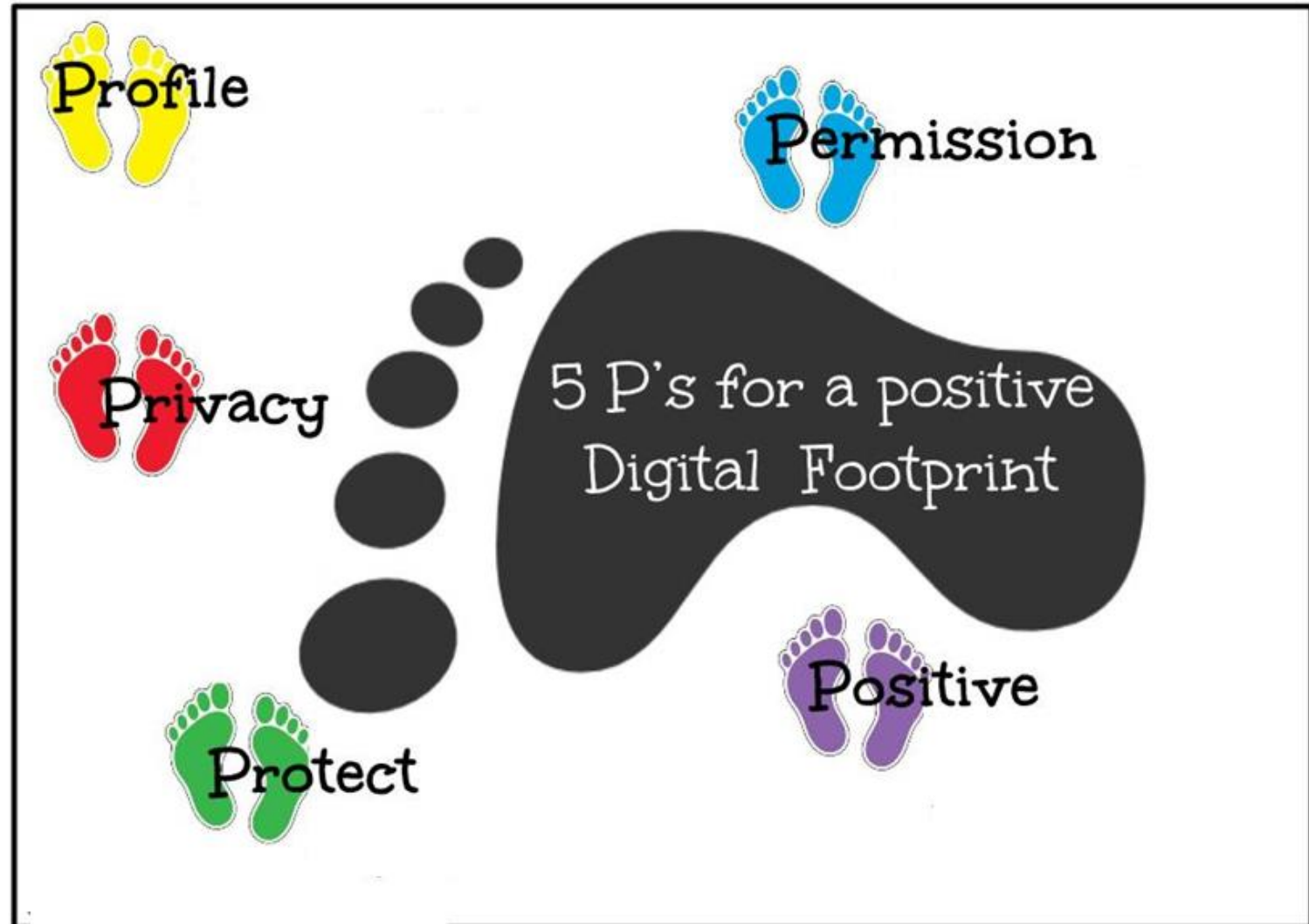
All charging is done in the family room.

No electronics may be used during dinner.

Parents set a Good Example:
Limit your own screen time to show importance.



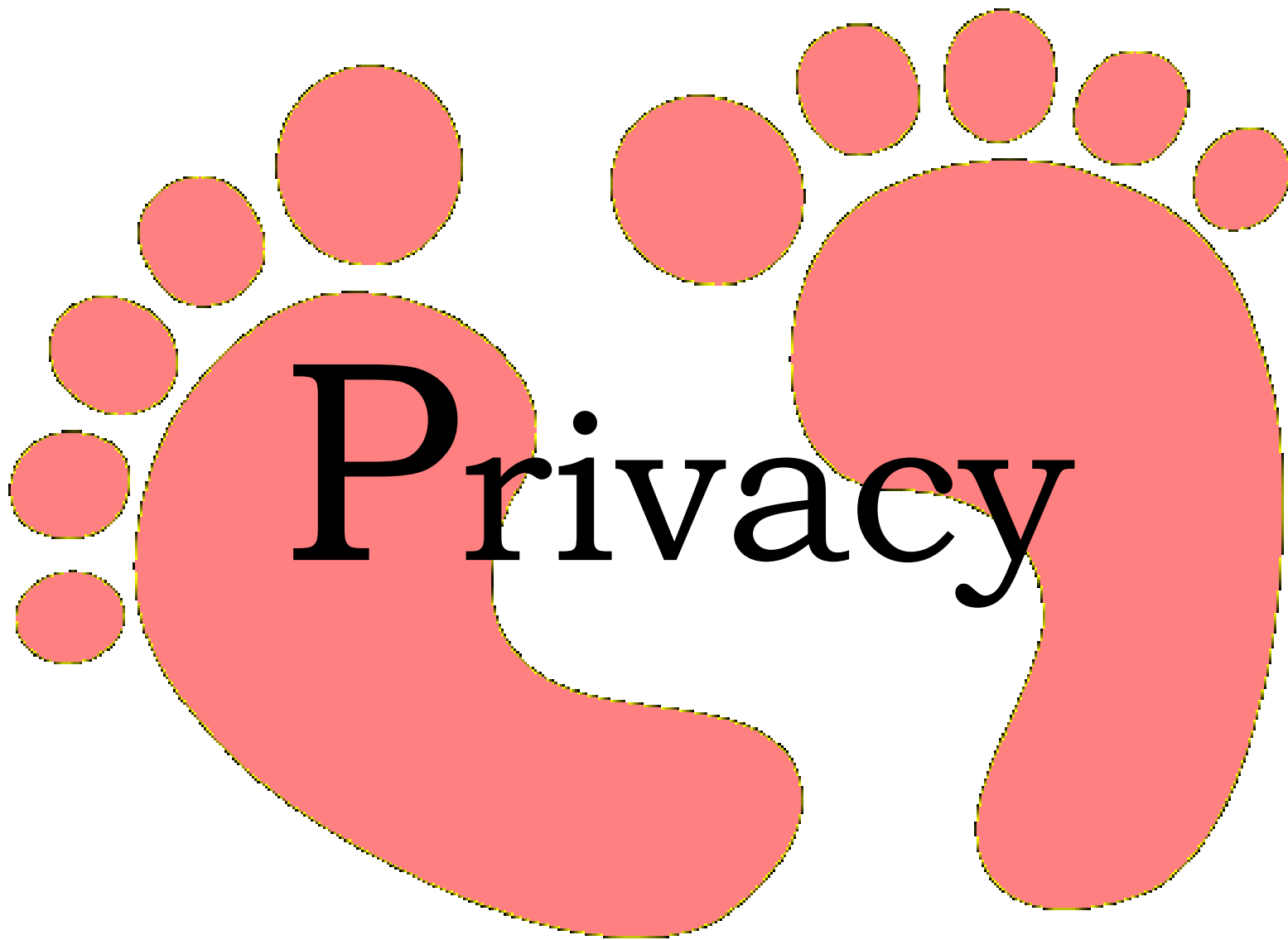
Digital Footprint







Keep your passwords and personal details private.





Private Information

PERSONAL INFORMATION

What's your
name?

Where are
you from?

Where do
you live?

How old are
you?

What do
you do?

Be aware







Protect data and
devices.



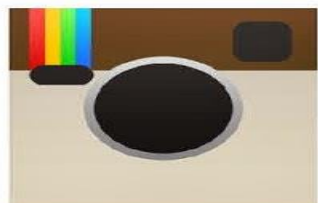
Protect yourself online.



Protect from
cyberbullying.



BEFORE You



Is it true?

Is it helpful?

Is it inspiring?

Is it necessary?

Is it kind?

THINK

Monitor





DIGITAL CITIZENSHIP