

Twenty Technology Tips for Teens

- Try “single-tasking” instead of multi-tasking when doing homework
- No screens and electronic devices in your bedroom
- Avoid interactive screen use within 1 -2 hours of bedtime
- Get a minimum of 8 hours of restful sleep per night
- Try to avoid screen use first thing in the morning
- Average less than 2 hours a day of all entertainment screen time
- No first-person shooter video games, avoid media violence
- No online pornography. Ask your parents to use Blocking Software
- Use a flip phone until you have demonstrated you can follow the rules
- Ask your parents to model healthy technology use too
- Limit video game play to an average of one hour per day
- Take vacations without using gaming or social media
- Establish screen-free activities: meals, conversations and commutes to school
- Ask your friends to join you in screen-free activities
- Exercise 60 minutes per day
- Practice at least one non-electronic hobby every week
- Try the one in/one out rule: For every hour of screen time, participate in an hour of exercise, time in nature, or a spiritual practice
- Make sure you spend time each day in down-time, true relaxation or daydreaming *without the use of electronics*
- Learn about how screen time affects your brain and emotional health
- Try a whole family experiment: take the 30 day “Technology Fast”