

PREVENTING CHILDHOOD SCREEN ADDICTION

A Guide For Parents

SCREEN ADDICTION WARNING SIGNS

- ◇ Meltdowns when forced to unplug
- ◇ Increased use over time; child can't cut back
- ◇ Only thing that puts child in a good mood
- ◇ Sneaking and lying about screen time
- ◇ Using screen time as an escape
- ◇ Negatively impacting relationships and school

ScreenStrong Parent Strategies



Think like a Coach

Commit to being your child's life coach, not their best friend. Foster a close team mentality in your home.



Create Your Community

Help others get educated with you on the ScreenStrong approach. Learning with others will only help you to stay the course.



Intervene Early

Learn to recognize the warning signs of overuse. Early intervention will prevent more significant issues.



Focus On Life Skills

Prioritize teaching life skills in your home every day. This creates confident and resilient kids.



Restrict Access

Prevent toxic screen use. Video games and social media are not necessary for healthy childhood development.



Pay Close Attention

Stay on guard and know what your child is doing online. Screen privacy is not for young kids or teens.



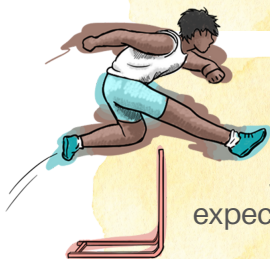
Build Grit

Work hard and play hard. Replace screen time with challenging, non-addictive hobbies and activities.



Keep Them Active

Schedule daily exercise via sports or lots of outdoor play. Prioritize nine hours of sleep each night.



Raise The Bar

Set high standards and clear expectations for your family. Don't settle for second best.

Know Your Kids

Strengthen family attachment with each child. Plan fun ways to spend time together offline.



WE PROVIDE THE *gold standard* FOR PARENTS

Life changing solutions through powerful education for kids and parents

THE screenSTRONG JOURNEY

- ✧ No Smartphones or Social Media for teens
- ✧ No Violent Video Games or Porn
- ✧ More Family Connection!

Limit Television-
Co-view when Possible
NO TABLETS for Toddlers!



Use a Landline or
Talk/Text Only Home Phone*
(Elementary School)



Personal Talk/Text Only Phone*
(9th-12th Grade)



Add Safeguards** to
ALL Home & School Devices



ScreenStrong Student Course
(5th-8th Grade)



Personal Smartphone
with Safeguards**
after High School

@screenstrong.org

*Gabb® Talk/Text no Internet Phone & Watch: discount code: **STRONG**

Canopy® safeguard filter for all screens: discount code: **STRONG

We have your back!



EDUCATIONAL
COURSES

COMMUNITY EDUCATION

Get the science about brain development, screen addiction, and more. Courses for Kids and Parents! Large-Group Bundle for schools & churches.



SCREENSTRONG FAMILIES
PODCAST

BRINGING YOU THE EXPERTS

Join us weekly for top-notch guests and relevant screen topics. This podcast brings continuing education and confidence to a growing parent audience.



SCREENSTRONG
CONNECT FORUM

NEVER FEEL ALONE AGAIN

Serious about preventing and reducing screen conflicts? A non-social media forum for parents. Get support and practical tips for winning the screen battle!