

A Collaboration Between:



TIPS FOR BUILDING HEALTHY DIGITAL HABITS IN YOUR HOME

These tips can be applied no matter where your children are in their screen readiness journey.

Tip #1 - Create digital expectations together *as a family*.

- Invite all family members (especially kids) to help make the rules; everyone should have their opinions heard.
- Talk about consequences; ask your kids what seems fair if the rules are broken.
- Display the rules in your home and revisit them regularly.
- Adults can model healthy digital behaviors by following the rules too.
- Tools that can help: The Smart Talk and Family Media Plan.

Tip #2 - Have ongoing conversations about digital life.

Talking about possible scenarios BEFORE they happen can help young people feel more prepared as they navigate digital life.

- Ask questions about your kids' media interests.
- Engage in digital activities alongside them (social media, video games, YouTube, etc.).
- Share your own experiences, especially digital missteps and what you learned from them.
- Remember to laugh while you are learning together.

Tip #3 - Treat missteps with care.

- Think of missteps as learning opportunities.
- Help your child think through what they could have done differently so they are better prepared next time.
- Consider consequences other than taking technology away.

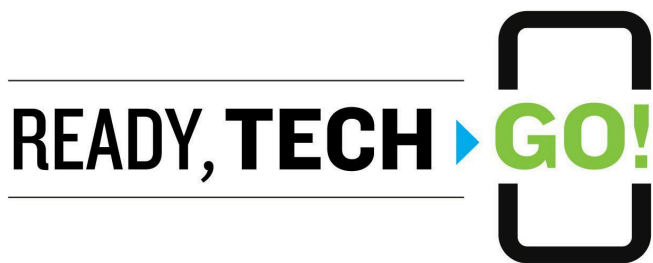
Tip #4 - Introduce your child to high-quality content.

When kids engage with fun, age-appropriate resources, they are less likely to randomly search and find questionable content.

- Tools that can help: Common Sense Media and The Achievery.

Tip #5 - Continue your education.

- Learn about settings and parental controls for devices and apps.
- Stay current with media trends.
- Connect with experts who share tips for digital parenting.
- Strengthen your technology skills.
- Tools that can help: AT&T ScreenReady® website.



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Here are tools and resources to help your family determine screen readiness, discuss digital life and create healthy digital habits in your home. Scan the QR code with your mobile device or use the direct URL on your desktop or laptop. Record usernames and passwords after you set up accounts!

PhoneReady Quiz

Is your child ready for a phone? Are you ready? These 10 short questions can help you decide if your child is ready for mobile life.



Visit: PhoneReadyQuiz.org

The Smart Talk

Sit down with your children and co-create rules and expectations for tech use. Revisit these conversations as your kids grow!



Create your account: TheSmartTalk.org

Username: _____

Password: _____

Family Media Plan

The Family Media Plan can help you and your children set priorities that matter most to your family.



Create your account:

HealthyChildren.org/PTAFamilyMediaPlan

Username: _____

Password: _____

The Achievery

Explore engaging and educational videos and learning activities all in one place.



Create your account: TheAchievery.com

Username: _____

Password: _____



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Common Sense Media

Find reviews and age recommendations about the hottest media from movies to apps and games.



Visit: CommonSenseMedia.org

AT&T ScreenReady(R)

Explore tips and tools to help your family make safe and positive connections on all screens.



Visit: ScreenReady.com