



GRADES 9–12 FAMILY CONVERSATIONS

SELF-MANAGEMENT IN DIGITAL LIFE



Talk About How Your Teen Can Take Control of Their Screen Time Habits

Your teen is learning to identify how their use of technology can affect their physical and emotional health. Use these questions to talk with them about how they can be more in control of their screen time habits.

Ask these three questions:

1. *I hear you were talking in class about screen time and establishing healthy habits with technology. What did you learn about different types of screen time?*
 - Listen for (or prompt):
 - **Active** use is contributing content through posts, comments, or any other form of online communication and expression.
 - **Passive** use is scrolling through online content without reacting to it.
 - **Passive** screen time may be more strongly linked to negative well-being, and active screen time is linked to positive effects.
2. *Do you think you spend more time using your devices actively or passively?*
3. *Are there any digital habits you have that you're thinking about changing? What changes are you going to try?*

Learn more ways to find balance in your digital lives at commonsense.org/media-balance-tips-for-families.

Family handout for grade 12 lesson [The Health Effects of Screen Time](#), or 9–12 classroom activity [Screen Time: How Much Is Too Much?](#)



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.