



Relationship with Social Networks and Screens

As an adult and a parent, I think about my own use of screens in general:

Number of hours per day, content viewed, appropriate time?

I set myself a challenge for appropriate use:

I describe the rules our home already has in place for screen use:

Does my teen play by the rules:

What are zero-screen moments at home for the whole family:

What are my teenager's activities and hobbies away from screens?

In line with my answers above, I'm setting myself a challenge to achieve with my teenager:

Social media

Do I know what social media my teen participates in?

Have I ever talked to my teen about using social media?

**I MAKE TIME FOR MYSELF.
I'VE ADDED TO MY AGENDA CONTINUING
THE TEEN CIRCUIT WITH THEME NUMBER 8!**