

# Mastering Screen Time:

## A Handy Guide for Kids & Grownups

Screens are everywhere you go, every day. Cell phones. TVs. Tablets. Computers. Even though there's lots of cool stuff you can do with them, be smart about screen time.

Check out these tips:

- Set a limit on how long and how often you spend gaming or watching TV. Two hours a day max.
- Encourage your parents to take a break from their phone or tablet.

- Put your phone away at meals. Who wants a grimy phone? Plus you'll be less apt to overeat.

- Hang out where others in the house can be with you when you're streaming or screening.
- Have a little sister or brother? Toys, books and games are waaaaay better for them.

- When you're riding, make sure the driver avoids **TWD** (texting while driving). It's your life that's in their hands.
- Shut down your phone at least an hour before you go to bed. You'll sleep much better.

- Play or watch good stuff. (You don't eat garbage. Why feed it to your brain?)
- Ask your mom or dad for help to stay away from things online that could hurt you... things like bullying, scams and other bad stuff.

Can you go a day without TV or your smartphone?  
**Try it!**