



youth service bureau

Screen Time Family Goal Plan

Did you know that, on average, teens aged 13 to 18 spend about *9 hours per day* on entertainment media use? This includes watching TV, movies, and online videos; playing video and computer games; using social media; reading; and listening to music. The American Academy of Pediatrics only recommends 1-2 hours per day!

Parents, however, are sometimes more concerned about the *types* of media their kids use than how much *time* they spend using it, and don't always realize how those hours can add up.

How can your family become more aware of how much time you spend on your devices?

Here are a few tips:

- **Find out how much screen time your family has each day.** Have each family member keep a log of screen time for a week or two.
- **Observe the effects screen time has on your family.** What do you notice about family togetherness, communication, and overall well-being when devices are being used?
- **Create a plan and adjust it as needed.** Set goals that are challenging but achievable. Include how you will achieve your goal, track progress, and reward your family for achieving the goal. Also think about consequences for missing the target.

Below you'll find a sample goal plan, a screen-time log, and an empty goal sheet for your family to try!

Sample Goal Plan

Goal(s)

Each member of the Smith family will reduce screen time from 40 hours per week to 25 hours per week by April 1st. Each family member will record screen time and there will be a family meeting each week to discuss progress. The goal is to slowly reduce screen time by one hour per week.

Things That Will Help Us Reach Our Goal

- Turn off the TV when no one is watching
- Schedule TV time to watch specific programs rather than channel surfing, and turn off the TV when the program is over
- Set a timer and turn off the computer, TV, or video game when time is up
- No devices or screens during family mealtimes
- Use the "buddy system" by grabbing another family member and playing a game, going outside, etc.
- Keep a list of alternative activity ideas posted on the fridge

Reward

If the goal is met, there will be a family trip to Valley Fair.

Consequences

Any family member who does not cut back one hour per week will have to "make up" that time the following week (cutting it back by two hours the next week).



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Screen Time Log

Name:

Dates:

	TV	Video Games	Social Media	Other	Daily Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Weekly Total:					



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Our Family's Goal Plan

Goal(s)

Things That Will Help Us Reach Our Goal

Reward

Consequences