



RESOURCE

Smartphone, personal device and tech time resources recommended from the website: www.betterscreentime.com

Am I ready for a
Personal Device?



Quick Guide
to Creating
a Family
Technology Plan



When You Feel
Like Doing
Nothing:
**100+ Screen
Free Ideas**



**Who's in the
Driver's Seat—**
You or Your
Phone?



YouTube Tune Up:
How to Avoid
Spiraling Down
the Tube



Summer
Screen Time
Survival Guide

**Connection
Reset:**
7-day screen
free challenge



Let's Make it an
80's Summer!



Am I Ready for
Social Media?



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