

Screenmasters Guild: How Families Can Best Manage Today's Digital World

with Lisa Van Gemert

Let's Connect!



Signs of Internet Gaming Addiction:

- Preoccupation or obsession with Internet games.
- Withdrawal symptoms when not playing Internet games.
- A build-up of tolerance—more time needs to be spent playing the games.
- The person has tried to stop or curb playing Internet games, but has failed to do so.
- The person has had a loss of interest in other life activities, such as hobbies.
- A person has had continued overuse of Internet games, even with the knowledge of how much they impact a person's life.
- The person lied to others about his or her Internet game usage.
- The person uses Internet games to relieve anxiety or guilt.
- The person has lost or put at risk and opportunity or relationship because of Internet games.

The Negotiation:

- How many hours a day can be spent at the computer, tablet, or playing video games?
- Are social media sites allowed – which ones?
- Are mobile devices allowed in bedrooms overnight?
- Are any particular web sites off-limits?
- What information can be or shouldn't be shared online?
- What has to take place before screen time?
- Password policies?
- Consequences?

What to do instead?

- Read
- Teach dog a trick
- Work on merit badge
- Practice/learn instrument
- Other hobbies
- Run/swim/dance
- Board games
- Bake something
- Hang out with friends
- Learn to fix something
- Paint something
- Learn another language
- Write a letter
- Draw/paint/sculpt
- Call grandparent
- Grow something
- Volunteer/serve
- Learn a magic or card trick

OUR FAMILY SCREEN USE CONTRACT

This contract applies to the following devices:

This contract applies to the following people (exceptions noted):

On school days/nights, the time limit is _____.

Things that count against this time include: _____

Things that do not count against this time include: _____

The time will be monitored by using _____

The appropriate places for electronic devices are:

- Computers and tablets: _____
- Phones: _____
- Gaming: _____
- _____ : _____

Curfew times for screens include:

- _____
- _____
- _____
- _____
- _____
- _____

The following websites or types of websites are off-limits:

- _____
- _____
- _____
- _____
- _____
- _____

The following information **MUST NOT** be shared online with people we do not know in real life:

- Your name
- Your age
- Our address and phone numbers
- Your location (you must **NEVER** agree to meet in person without a parent)
- _____
- _____
- _____

Before recreational screen time, the following must occur:

- _____
- _____
- _____
- _____
- _____
- _____

Our password policy is that:

Violation of this contract invites the following possible consequences:

- _____
- _____
- _____
- _____
- _____
- _____

Signed by:
