



BetterScreenTime

AM I READY FOR SOCIAL MEDIA?

A Self-Evaluation for Teens

1

DO I HAVE HEALTHY WAYS OF HANDLING THINGS WHEN I FEEL I DON'T MEASURE UP?

Still Learning - Sometimes - Almost Always

2

AM I ABLE TO CLOSE A TAB OR AN APP IF I SEE SOMETHING THAT DOESN'T LINE UP WITH MY PERSONAL VALUES?

Still Learning - Sometimes - Almost Always

3

CAN I PUT MY DEVICE AWAY IN FAVOR OF LISTENING TO A FRIEND, PARENT, OR TEACHER?

Still Learning - Sometimes - Almost Always

4

DO I PUT MY DEVICE AWAY PROMPTLY WHEN I'M ASKED?

Still Learning - Sometimes - Almost Always

5

AM I HONEST WITH MY PARENTS ABOUT MY ONLINE AND REAL LIFE ACTIVITIES?

Still Learning - Sometimes - Almost Always

6

DO I FEEL I CAN TALK TO MY PARENTS IF I'M STRUGGLING WITH FRIENDS, AT SCHOOL, OR OTHERWISE?

Still Learning - Sometimes - Almost Always

7

AM I CAPABLE OF CARING FOR OTHERS AND PRIORITIZING THEIR SAFETY AND WELLBEING ABOVE MY PHONE USE?

Still Learning - Sometimes - Almost Always

8

AM I LEGALLY OLD ENOUGH TO USE THE SOCIAL MEDIA APP?

Still Learning - Sometimes - Almost Always

9

DO I FOLLOW OUR FAMILY'S TECHNOLOGY PLAN?

Still Learning - Sometimes - Almost Always

A Self-Evaluation for Parents

1

HAVE I WORKED WITH MY FAMILY TO CREATE A FAMILY TECHNOLOGY PLAN?

Yes - No

2

DOES MY TEEN KNOW OUR FAMILY'S GUIDELINES REGARDING TECH USE INCLUDING SEXTING AND SENDING/RECEIVING NUDE PHOTOS?

Yes - No

3

DO I HAVE A PLAN IN PLACE FOR BEING INVOLVED IN MY TEENS' SOCIAL MEDIA USE?

Yes - No

4

CAN I HAVE CALM CONVERSATIONS WITH MY TEEN ABOUT THEIR POSTS, COMMENTS, AND PRIVATE MESSAGING?

Yes - No

5

DO I FEEL MY TEEN IS EMOTIONALLY MATURE AND GENERALLY KIND TO OTHERS?

Yes - No

6

HAVE I TALKED TO MY TEENAGER ABOUT THE POSITIVE SIDE OF SEX AND HOW IT IS MEANINGFUL WHEN THE TIME IS RIGHT? (ACCORDING TO YOUR FAMILY'S VALUES.)

Yes - No

7

HAVE I TALKED TO MY TEEN ABOUT PORNOGRAPHY AND THE EFFECTS IT CAN HAVE ON THEIR RELATIONSHIPS, THEIR BRAIN, AND ON SOCIETY AS WHOLE?

Yes - No

8

HAVE I TALKED TO MY TEENAGER ABOUT ONLINE PREDATORS, HOW THEY MIGHT DISGUISE THEMSELVES AND POTENTIAL RISKS WITH DIRECT MESSAGES?

Yes - No

VISIT [BETTERSCREENTIME.COM](https://betterscreentime.com) FOR MORE TIPS!

