



DISCUSSION QUESTIONS

EPISODE 5: NAVIGATING SCREEN TIME

1. How long do you think it is OK for teens to spend online? Is this what actually happens in your home?
2. What are the screen rules in your home? How do you actually 'police' screen time in your family?
3. Which battles are important for you to fight?
4. What sort of example do you think you set in regards to how you use screens?
5. How much do you think you use screens as a 'digital babysitter'?
6. How can we get children to discuss screen addiction and the effects that it has on them/other children?
7. Would it be helpful to produce a list of other activities that they could do instead?
8. How do you think that screen time/restrictions/access rules should change as teens get older?

