



BeTheDad

Device use questionnaire



Questions for you and your preteen/teens to answer to establish an agreement:

How much daily smart phone use is too much? How much is too little?

How much social media use is too much? How much is too little?

How much gaming time is too much? How much is too little?

When we are choosing the smart phone what are we saying no to?

How many hours a day should we be available for communication with friends?

What do studies say healthy times on devices are?

How about studies on using social media?

Parents: What wisdom about the good and bad of devices do we want to pass on to our kids to make sure their usage is healthy?

How much of our cell phone behaviour is habitual or in control? Could you decide to go without for an hour, a day, or a week?

What are the best things that would happen if we only used our devices for an hour a day? And the worst things?

If smart phone usage is similar to watching TV, should there be key tasks needed to earn time on the device? I.e. job contribution, school work?

If we are going to create a healthy boundaries/usage agreement, what would this include?

These often include: who pays, what happens if the phone is not used properly, that content on the phone can be checked anytime, healthy daily time frames, and where the phone lives at tea time and bedtime.

Have a go at making a device use agreement you both agree on and then sign and date