

Before Owning a Smartphone or Gaming



Reassess at regular intervals to ensure healthy usage

- 1 Be at least 16 years old
- 2 Consistently shows respect for authority figures
- 3 Is able to set and manage their own rules, responsibly
- 4 Manages time well and can prioritize work before play
- 5 Has proven to be trustworthy and reliable
- 6 Takes corrective feedback well
- 7 Demonstrates self-control and good judgment
- 8 Can articulate the dangers of screen use
- 9 Is willing to regularly discuss and be accountable for their screen use

