



Be Safe

Use Your Common Sense



Learn as a Family

What is okay for my child to watch or do online?

There are so many new videos, games, apps every day that it seems impossible to keep track and be aware of what is out there.

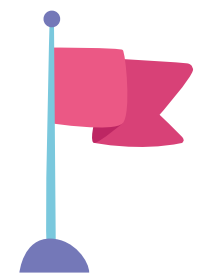
Why is it important?

Not all screen time is equal and determining what is appropriate quality screen time will help creating guidelines around the use of screens in a safe and healthy way.

How do I choose appropriate apps, games, website and more? Using media review sites such as **Common Sense Media** is a great place to start, as well as understanding how the media engages your child.

Goal

Learn how to discern what is appropriate to watch or do online for your child



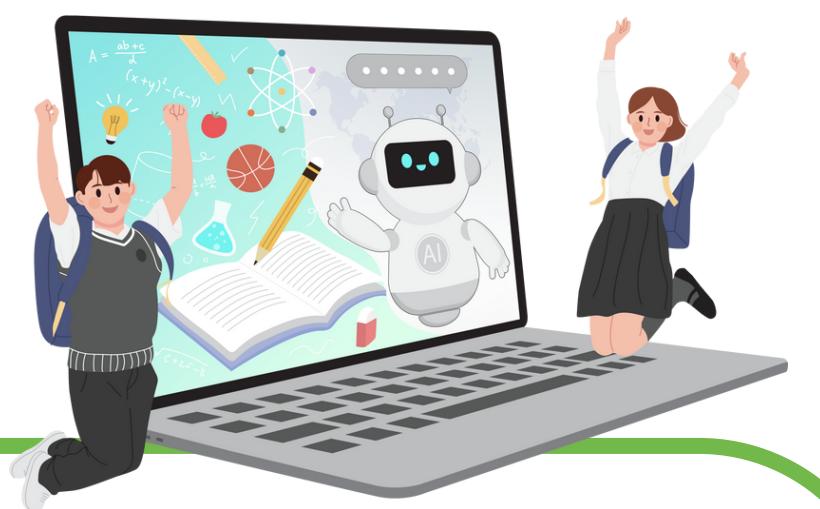
Action Plan

- Make a list of current movies, video games, TV shows, books, smartphone apps and social media platforms that you and/or your child use or would like to use.
- Go to the **Common Sense Media** website (www.commonsensemedia.org) and use their **search** box at the top of the website to learn more about the items on your list.
- Read the review, check the age suggestions, find out more by checking the "**Parents need to know**" section.
- Try it out for yourself first, or watch a demo of it before suggesting it to your child.
- Ask yourself:
 - Is it appropriate for the age and maturity of my child?
 - Will my child connect to it on a personal level?
 - Does it engage my child's imagination, critical thinking or creativity?
- Make a decision, then check in with your child to confirm.



Consider

- What you'd like your child to learn
- Taking into account your child's passions
- Encouraging other activities
- Not making screens the reward
- Explaining why a specific media is not allowed, and not just saying no to it.



Debrief as a family

- ➔ What went well?
- ➔ What was tricky?
- ➔ What are our next steps?

Go further

- Determine what is appropriate quality screen time.
- Use [these suggestions](#) to make your own decision.
 - App age ratings can be misleading: Click [here to read more about what to be aware of and how you can help keep youth safe](#)
 - Check out the [Parent Tips & FAQ](#) top navigation tab in Common Sense Media, to find some great information and guides, sorted by age, topic or most commonly used applications.
 - Encourage screen time that serves a purpose.