

## THINK ABOUT YOUR OWN MEDIA USE:

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What's your best guess of your total media time each day? Think about:

- How much TV/videos/YouTube you watch
- How many times you check your phone each day
- How much time you spend on social media
- If you use screens for work

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Are you worried about your own screen use?

## MEDIA USE TYPES

<b>VIDEO WATCHING</b>	Examples: watching tv, movies, streaming online videos, etc.
<b>COMMUNICATION</b>	Examples: texting, videochatting, emailing, etc.
<b>SOCIAL MEDIA</b>	Examples: using apps like Instagram, TikTok, Facebook, etc.
<b>APPS &amp; GAMES</b>	Examples: playing video games, using game-based apps, etc.



## MEDIA USE DIARY ENTRY FOR YOURSELF

6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	

### MEDIA USE TYPES

<b>VIDEO VIEWING</b>	Examples: watching tv, movies, streaming online videos, etc.
<b>COMMUNICATION</b>	Examples: texting, videochatting, emailing, etc.
<b>SOCIAL MEDIA</b>	Examples: using apps like Instagram, TikTok, Facebook, etc.
<b>GAMING</b>	Examples: playing video games, using game-based apps, etc.





## THINK ABOUT YOUR CHILD'S MEDIA USE:

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What's your best guess of your child's total media time each day? Think about:

- How much TV/videos/Youtube they watch
- How much time they spend using apps
- Whether they have their own device

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Are you worried about anything with your child's screen use?

### MEDIA USE TYPES

<b>VIDEO WATCHING</b>	Examples: watching tv, movies, streaming online videos, etc.
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<b>SOCIAL MEDIA</b>	Examples: using apps like Instagram, TikTok, Facebook, etc.
<b>APPS &amp; GAMES</b>	Examples: playing video games, using game-based apps, etc.





## MEDIA USE DIARY ENTRY FOR CHILDREN

6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	

### MEDIA USE TYPES

<b>VIDEO VIEWING</b>	Examples: watching tv, movies, streaming online videos, etc.
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