

# Helping Our Youth Build Healthy Screen Habits



## Start with a Conversation.

Let your child know screen limits are not a punishment, but a tool to support sleep, school success, and mental health.

## Decide on a Few Clear Boundaries, such as:

- Different limits for school nights and weekends
- No screens during homework
- No social media after a certain time
- Device-free meals and bedtime

## Before You Start (for any device)

**Set a parent-only passcode or PIN so settings can't be changed.**

**Make sure your child has their own account:**

- Google: Child Google account through Family Link (recommended)

## Android Devices: Google Family Link Step-by-Step

### Step 1: Install Family Link

On the **parent's phone:**

1. Open the Google Play Store
2. Search Google Family Link
3. Install Family Link for parents

On the **child's device:**

1. Install Family Link for children/teens (if prompted) or follow the setup instructions in the app

### Step 2: Create or Add Your Child's Google Account

1. Open Family Link (parent app)
2. Tap Add child
3. Follow prompts to:
  - Create a child Google account or
  - Add an existing account
4. Connect the child device by following on-screen steps

### Step 3: Set Daily Screen Time Limits

1. In Family Link, select your child
2. Tap Controls
3. Tap Daily limit
4. Set the number of hours/minutes allowed per day
5. Adjust for weekends if desired

### Step 4: Set a Bedtime Schedule (Downtime)

1. Select your child in Family Link
2. Tap Controls
3. Tap Bedtime
4. Set sleep hours (example: 9:00 PM–7:00 AM)

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BOYS & GIRLS CLUBS  
OF BROWARD COUNTY

## Android Devices: Google Family Link Step-by-Step

- Step 5: Set App Limits (time limits by app)**
  1. Select your child
  2. Tap Controls
  3. Tap App limits
  4. Choose an app (YouTube, TikTok, games, etc.)
  5. Set a time limit or Block the app
  
- Step 6: Approve/Block Downloads and Purchases**
  1. Select your child
  2. Tap Controls
  3. Tap Google Play
  4. Set approval requirements for:
    - Apps & games
    - Movies
    - Books
    - In-app purchases
  
- Step 7: Use “Lock Now” When You Need the Device Off**

This is great for homework time, dinner, or if a limit turns into an argument.

  1. Select your child in Family Link
  2. Tap Lock now

- Step 8: Monitor Activity**
  1. Select your child
  2. View:
    - Total screen time
    - Most-used apps
    - App activity trends

### Parent Tip 1:

If your child requests “one more minute,” you can allow it—but keep it occasional so limits stay meaningful.

### Parent Tip 2:

Tie screen time to routines.  
Example: “Homework first, then screens.”



## Our Screen Time Plan

**School Days** \_\_\_\_\_

**Weekends** \_\_\_\_\_

**Homework Time**

No Screens

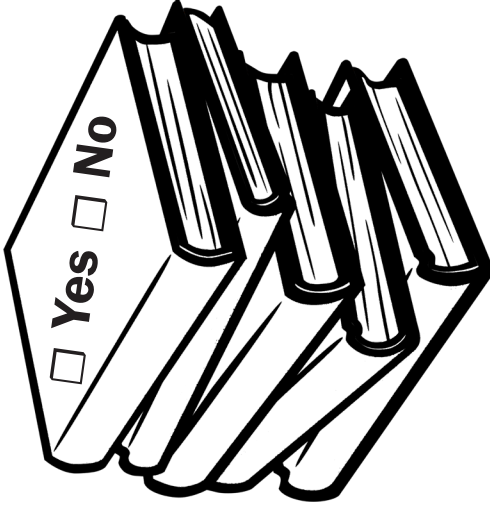
Limited to \_\_\_\_\_

**Before Bed**

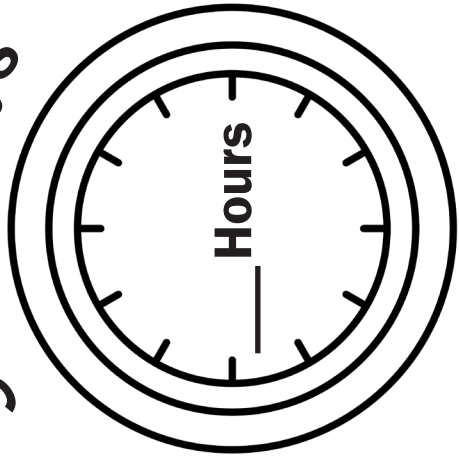
Screens Off At \_\_\_\_\_

Homework Time  
With Screens?

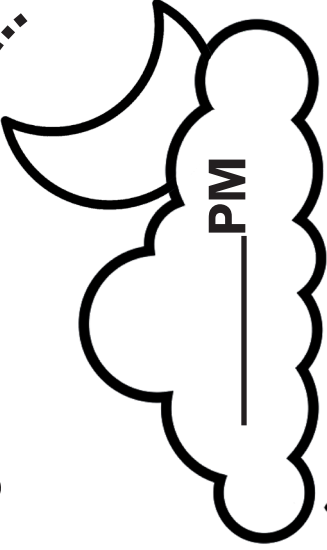
Yes  No



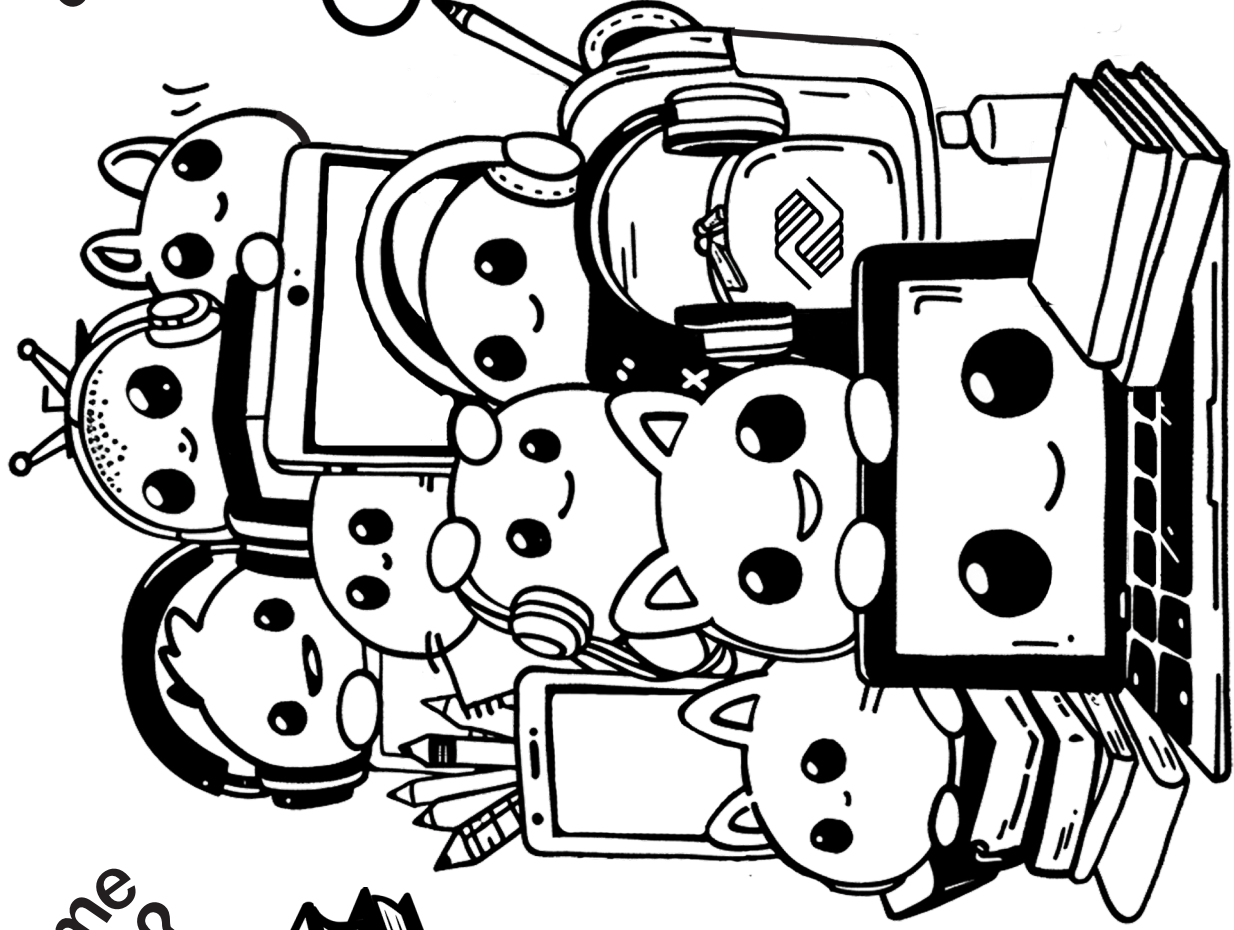
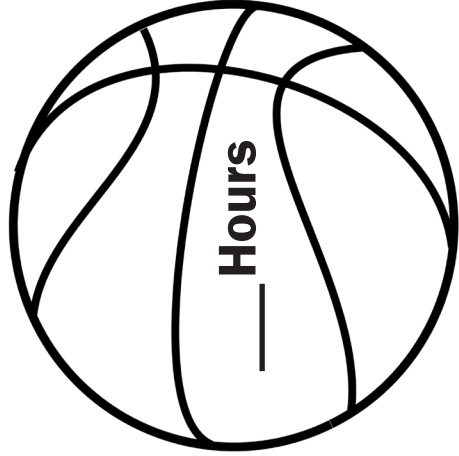
School Days



Screens Off at...



Weekends



# Helping Our Youth Build Healthy Screen Habits



Phones, tablets, and video games are part of everyday life at school and at home, helping us learn, relax, and stay connected. But when we use screens too much, they can get in the way of sleep, schoolwork, and spending time with others.

That's why screen limits exist — not as a punishment, but as a way to help you feel healthier, stay focused, and keep life balanced.

Below are goals to help you build better screen time habits.

**1. One screen habit I want to improve:**

**2. A time I want to use screens less (bedtime, homework, meals, etc.):**

**3. Something I want to do instead of screen time:**