

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: