

BUILDING HEALTHY TECH BOUNDARIES



WITHIN THE FAMILY



- Boundaries work best when teens are part of the conversation. Instead of setting strict rules, invite them into problem-solving.
- Make it about family well-being, not control. When teens help create the plan, they're more likely to follow it because it feels fair and respectful.
- Focus on zones rather than bans. Try keeping phones away from meals, out of bedrooms overnight, or off during car rides so there's room for real conversation.
- The best approach is curiosity, not criticism. Ask, "What do you like most about your phone? What feels stressful or hard about it?"
- Be honest about your own habits too. If you've ever lost an hour to scrolling or struggled to unplug, say so.
- Most importantly, listen. When teens feel heard and respected, they're more open to reflection, collaboration, and lasting change.

NOTE FOR YOUNGER FAMILIES Build Good Habits Early:

- Creating rituals, like screen-free meals or bedtime stories instead of bedtime TV.
- Families can also team up. When parents across friend groups agree on limits, kids don't feel left out or singled out.
- For younger children, consider simpler phones that only call or text.
- Landline option. New Wi-Fi-based options let kids stay connected from home without carrying a smartphone.



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