



Gaming & Social Media



No computers or TVs in bedrooms. All video games should happen in parental earshot.



Set up closed gaming networks so kids are playing only with friends they know in person, not strangers.



Turn off chat mode for video games played with strangers.



All phones get checked in and charged centrally at night - no phones in bedrooms.



Be friends with your kids and your kids' friends on social media. It might be weird. Do it anyway.



Talk to your kids often about their online gaming and social media interactions.

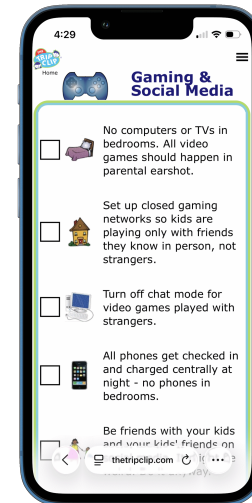
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This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!





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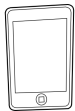
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