

The Screen Lover's Help Book

A book to help children and teens deal
with the screens in their lives



Joel Shaul

*Available for free download at
autismteachingstrategies.com*

A note from the author



I care very deeply about the issue of leisure screen use in children and teens.

For that reason, I am making *The Screen Lover's Help Book* and the *Adult Facilitator's Guide* available for free distribution from my website. You have my permission to print them. When sharing these materials with others, do not host it on your own website or email them. Instead, please share the links to my website.

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Joel Shaul

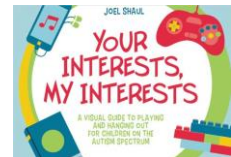
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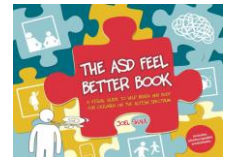
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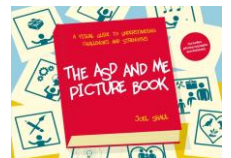
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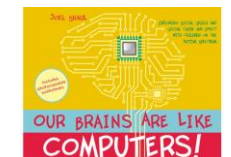
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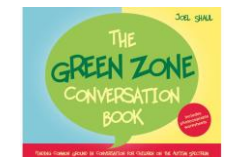
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Introduction for Adults



Nearly all children and teens have a strong interest in computers, tablets, phones and video games. Many of them develop patterns of overuse ranging from dependence to addiction. Monitoring and guiding these young people in their screen activities is a vital role for parents and professionals. However, adults trying to develop rules and boundaries for electronic devices can be viewed as adversaries by youngsters who are desperate to watch the next video or reach the next game level.

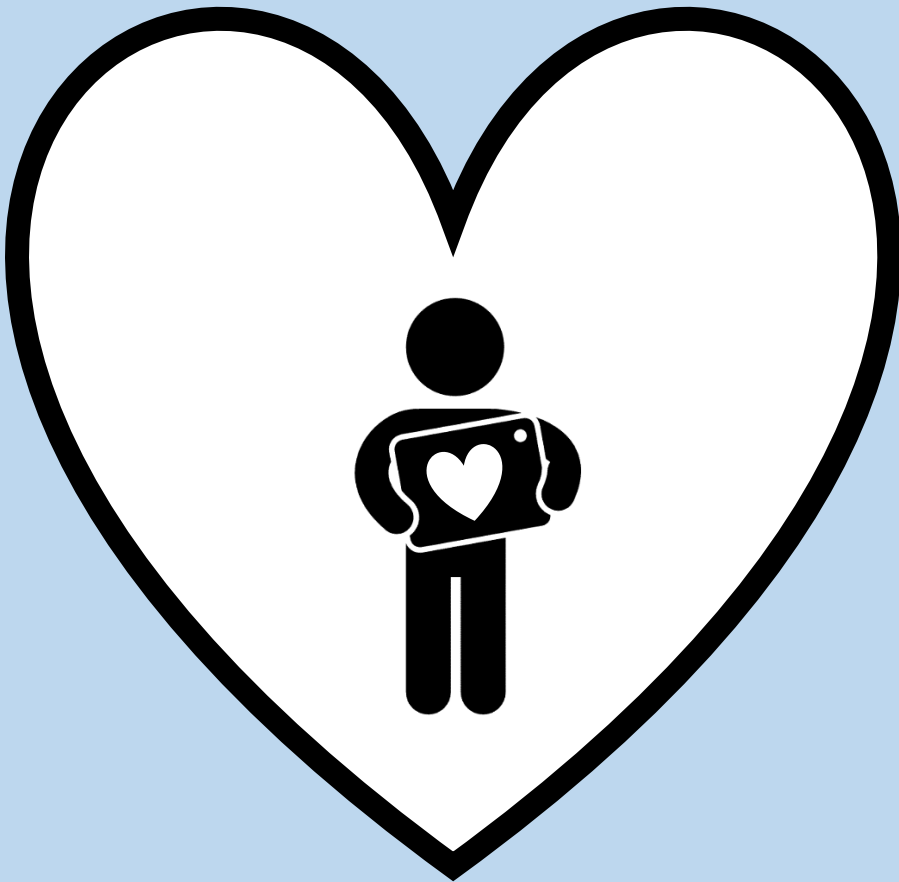
No one can blame young people for wanting to fill their leisure time with entertainment and diversion. Grown-ups have always had to help young people to learn good ways to play and avoid harmful play. The screen-based entertainment currently available to our youth gives today's teachers, child professionals and parents a daunting set of challenges. Many of these games, videos, activities and apps are carefully designed to be extremely hard to put down. Once hooked, young people can almost never manage the craving on their own. We must engage our children, students and clients in efforts to regulate screen attachment.

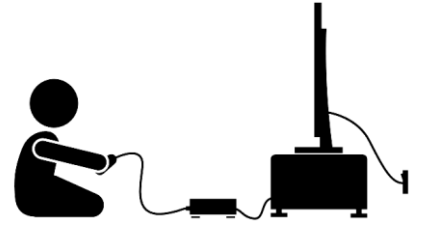
The Screen Lovers Help Book is designed to help children age 7 to 14 to work with teachers, therapists or parents to explore screen activities and their effects. Designed to be read with an adult, the book's self-assessment exercises and worksheets guide readers through an examination of problematic use of screen devices and lead them to achieve a functional balance between electronic screens and the unplugged world beyond.

Joel Shaul

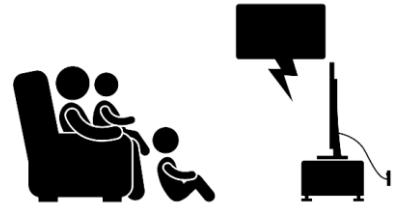
Chapter 1:

The Screens We Love





Screens are
amazing.



They teach us
so much.

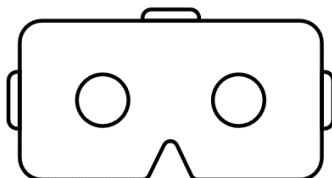
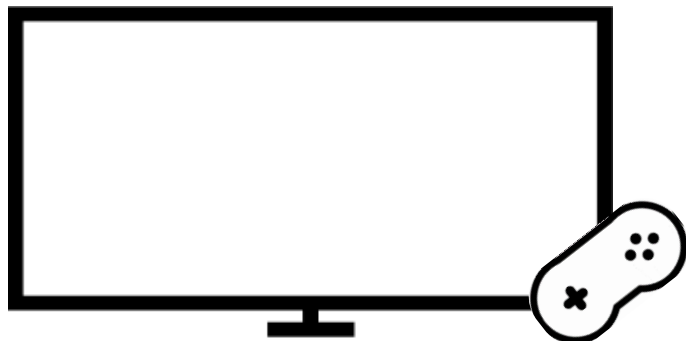
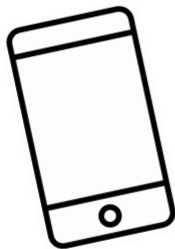
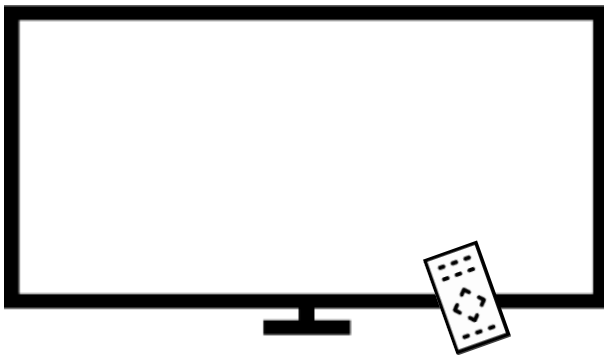
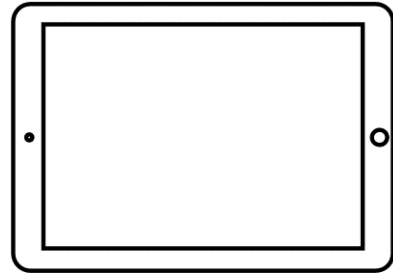
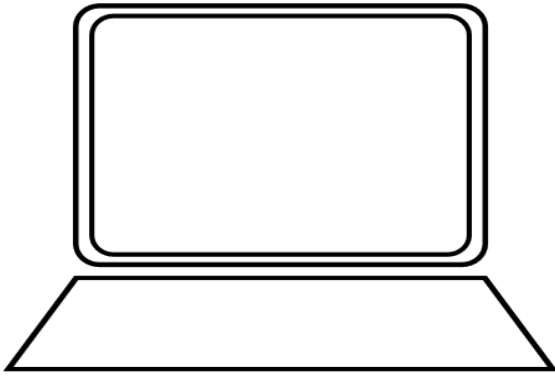


They help us have
so many
good times.



We all have screen devices that are our own special favorites.

Which of these are most important to you?



Here are some examples of great experiences people might have with their phone, tablet, computer, TV or video games. Have you had experiences like these? Check the boxes for the ones you can relate to.

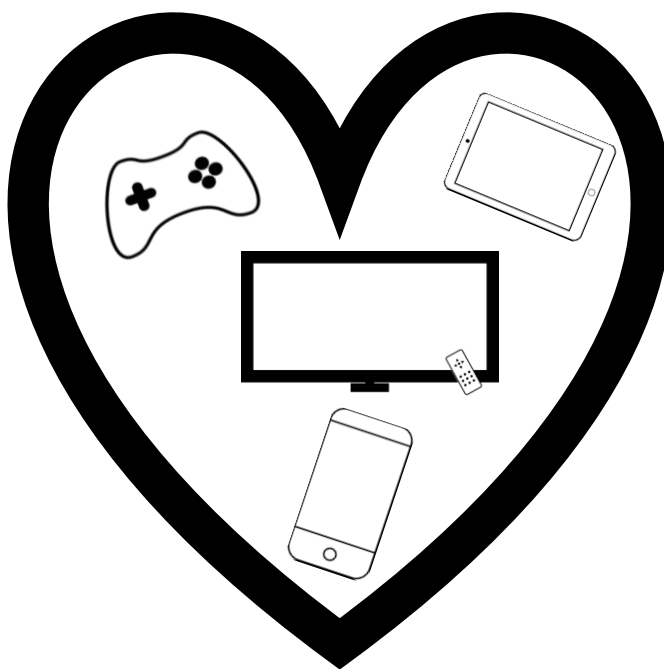


Using a new game or game system was one of my life's great experiences.	In my home or school, I share my special knowledge about computers, games or electronics.
With a friend, I had such a great time playing a game that I will never forget it.	With my school computer or tablet, I am able to learn in special ways.
I learned how to make or do something amazing by learning about it online.	On a holiday or special occasion, I had a wonderful time with a screen device.
I often use my phone or social media to talk about or plan face to face activities	I became much closer to a parent or other relative through the good times we had gaming together.
There are certain movies and videos that are not just fun, but also deeply meaningful to me.	When I got my first phone, it was one of the best things that I can remember.
Online, I learned useful information to help solve a personal problem.	I got a screen device or a game as a present and it was the best present ever.
Online, I helped other people learn important and interesting things about me.	My VR headset has opened up new worlds to me. I feel like my life will never be the same.
One of my earliest and sweetest memories is about using a screen device.	There is someone I met online who I have made a very special connection with.

When we love something,
we want to do it a lot.



Some people love screens and electronics
very, very much. What about you?

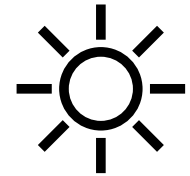


Think about a day when you are not in school, like a Saturday.

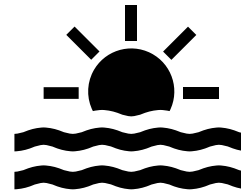


Morning

Afternoon



How much time do you spend with the screens you love in the morning, afternoon, and evening?



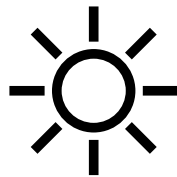
Evening

S a t u r d a y

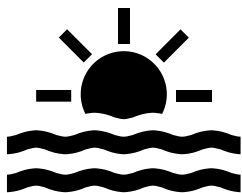


Morning

Afternoon



Now, think about a school day.



Evening

How much time do you spend with the screens you love in the morning, afternoon, and evening?

S c h o o l D a y






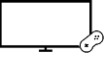




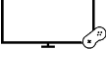
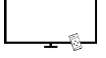



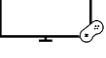
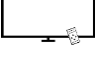



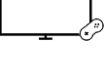
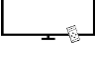



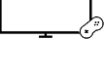
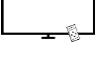



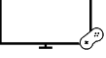





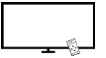



Screen Time Measuring Worksheet:

What you did on a school day.

This worksheet and the one on the next page help show the special ways you enjoy screen devices. Complete both worksheets and then discuss them with the adult who is helping you.

circle what you were doing

brief description

7-9 am						NO SCREEN	
9-11 am						NO SCREEN	
11-1 pm						NO SCREEN	
1-3 pm						NO SCREEN	
3-6 pm						NO SCREEN	
6-9 pm						NO SCREEN	
9-11 pm						NO SCREEN	
11 pm and later						NO SCREEN	

Screen Time Measuring Worksheet:

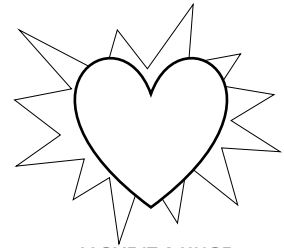
What you did on a Saturday or a typical summer day.

circle what you were doing

brief description

7-9 am						NO SCREEN	
9-11 am						NO SCREEN	
11-1 pm						NO SCREEN	
1-3 pm						NO SCREEN	
3-6 pm						NO SCREEN	
6-9 pm						NO SCREEN	
9-11 pm						NO SCREEN	
11 pm and later						NO SCREEN	

People like different screen devices at different levels. Let's find out about you. Look at the five different screen devices on the left. On the top, see the different levels of liking something. Put a check mark in the right box for each screen device to show how much you like it.

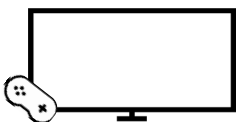
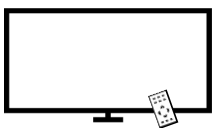
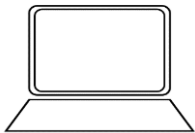
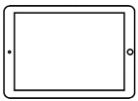


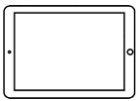
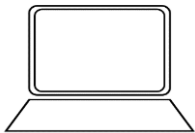
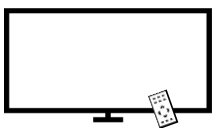
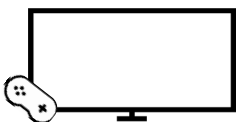

I DON'T LIKE IT

I LIKE IT

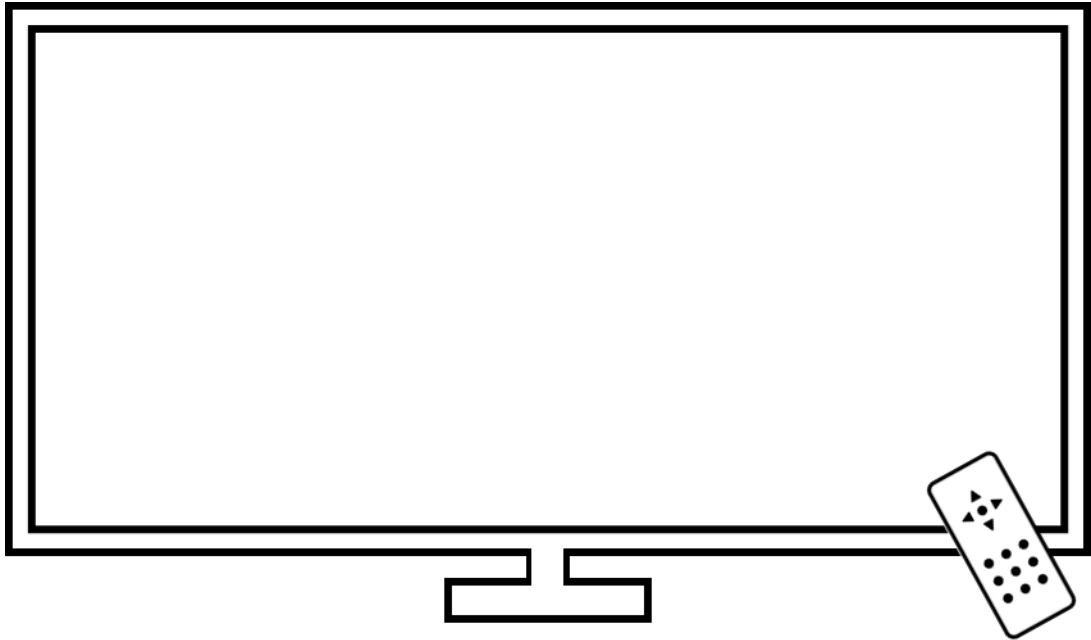
I LOVE IT!

I LOVE IT A HUGE AMOUNT!

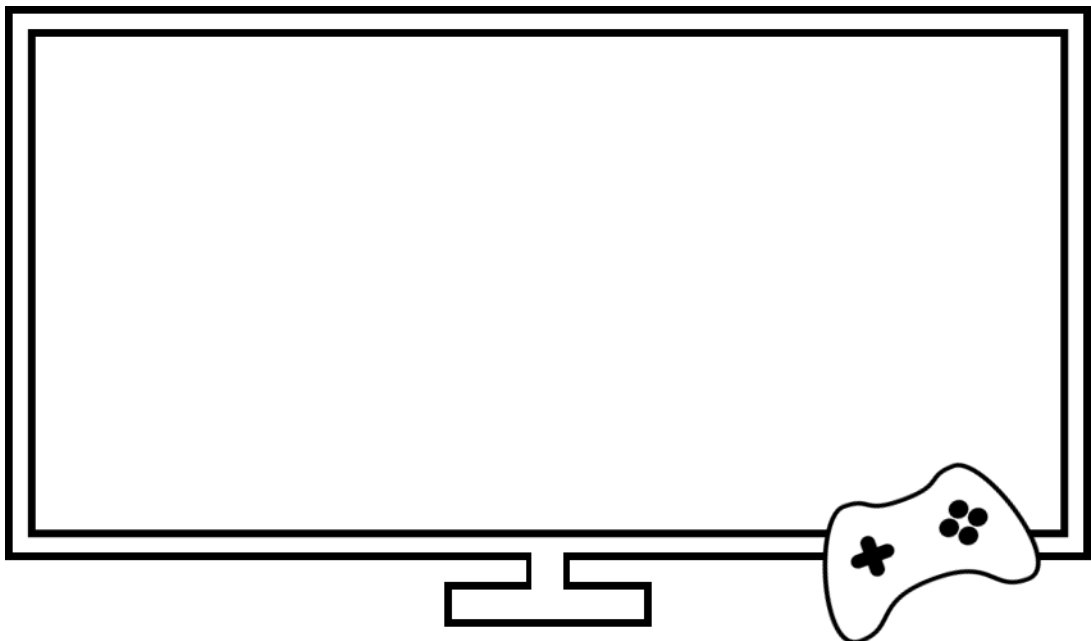


	I DON'T LIKE IT	I LIKE IT	I LOVE IT!	I LOVE IT A HUGE AMOUNT!
				
				
				
				
				

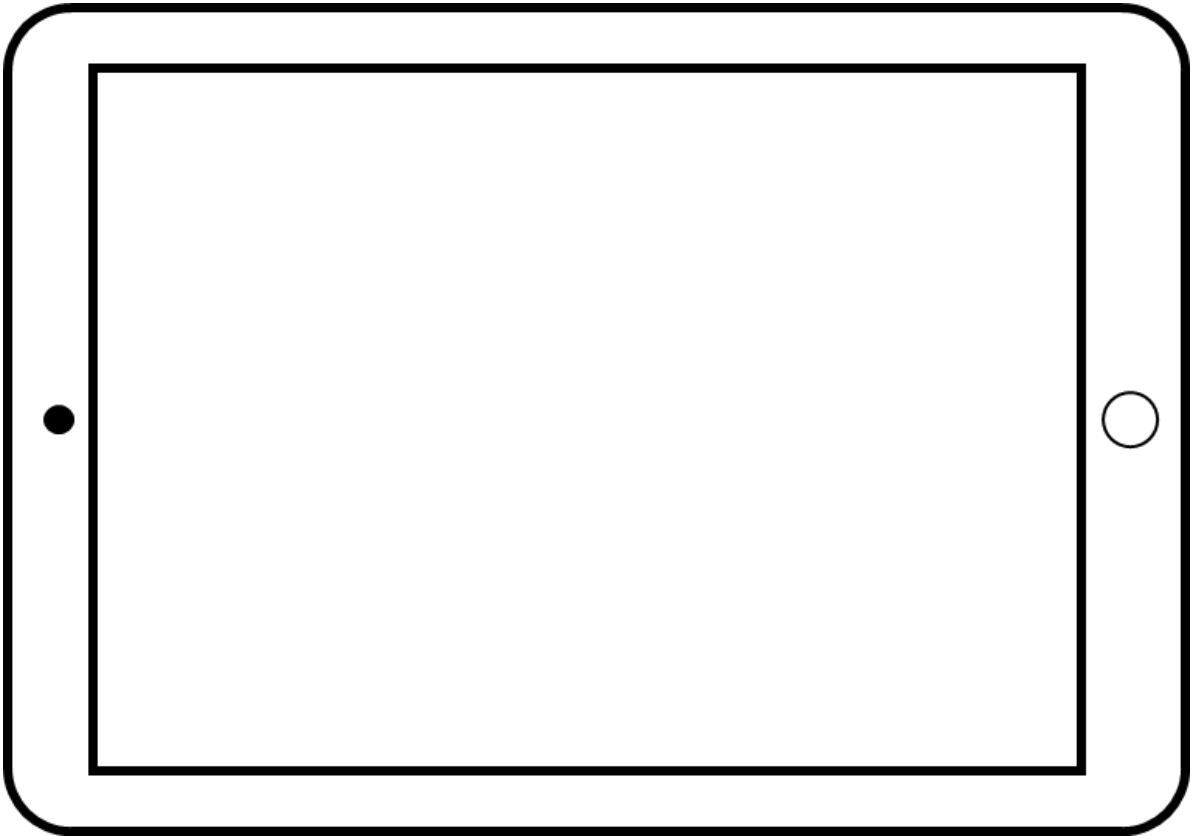
Draw or write in the screens on the next three pages, to show what screen activities you love the most.



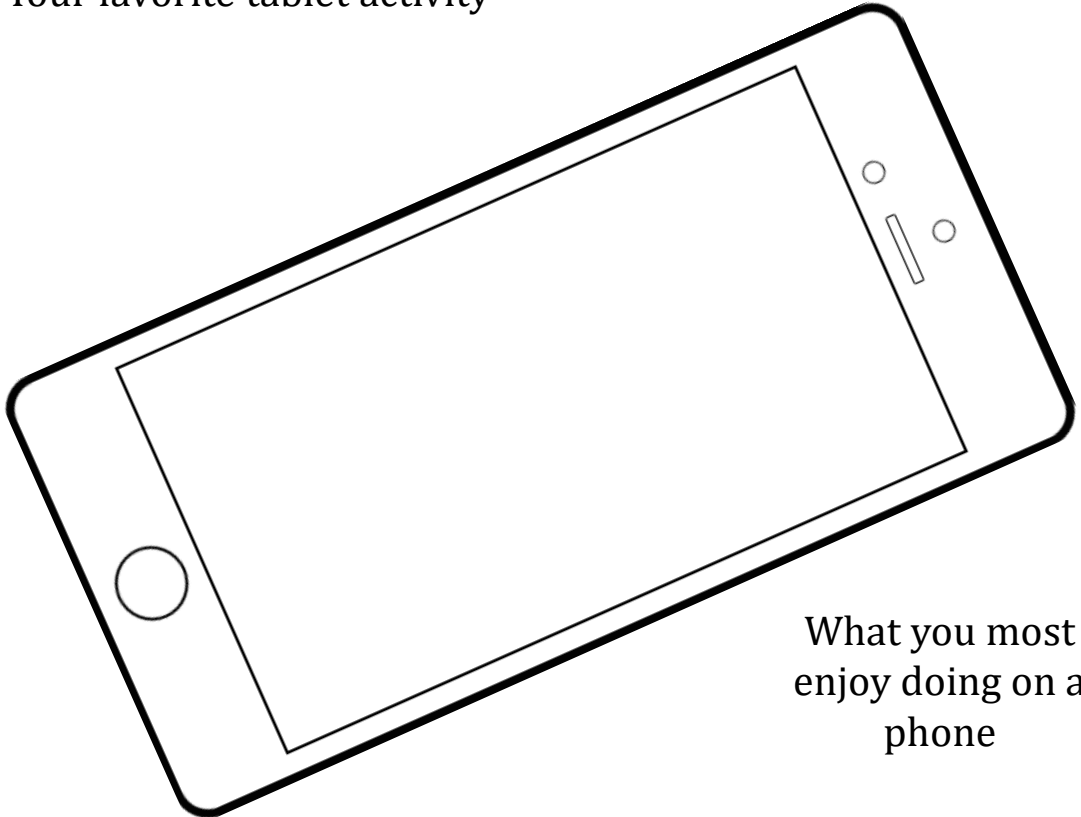
Something terrific to watch on TV



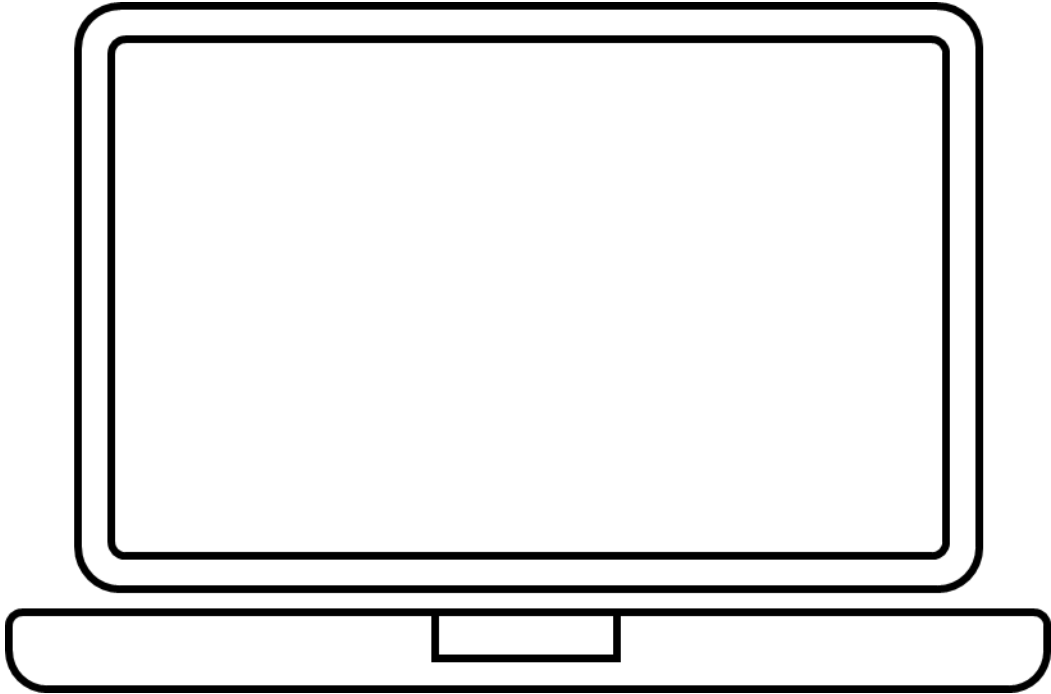
Your favorite video game



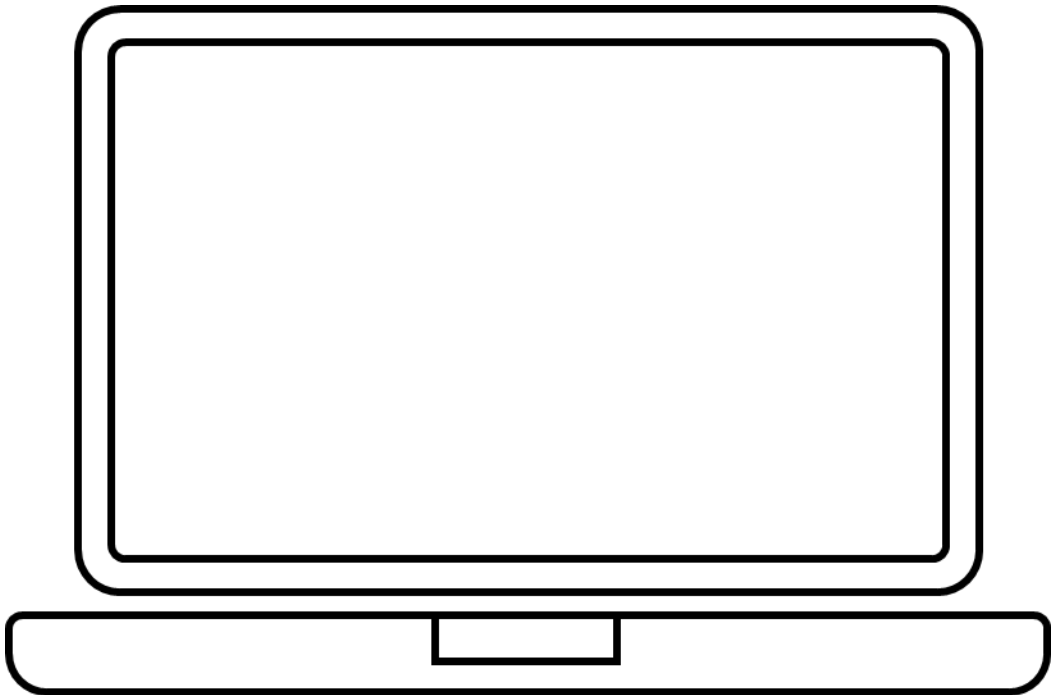
Your favorite tablet activity



What you most enjoy doing on a phone



A favorite activity on a
computer or laptop



Another great
computer activity

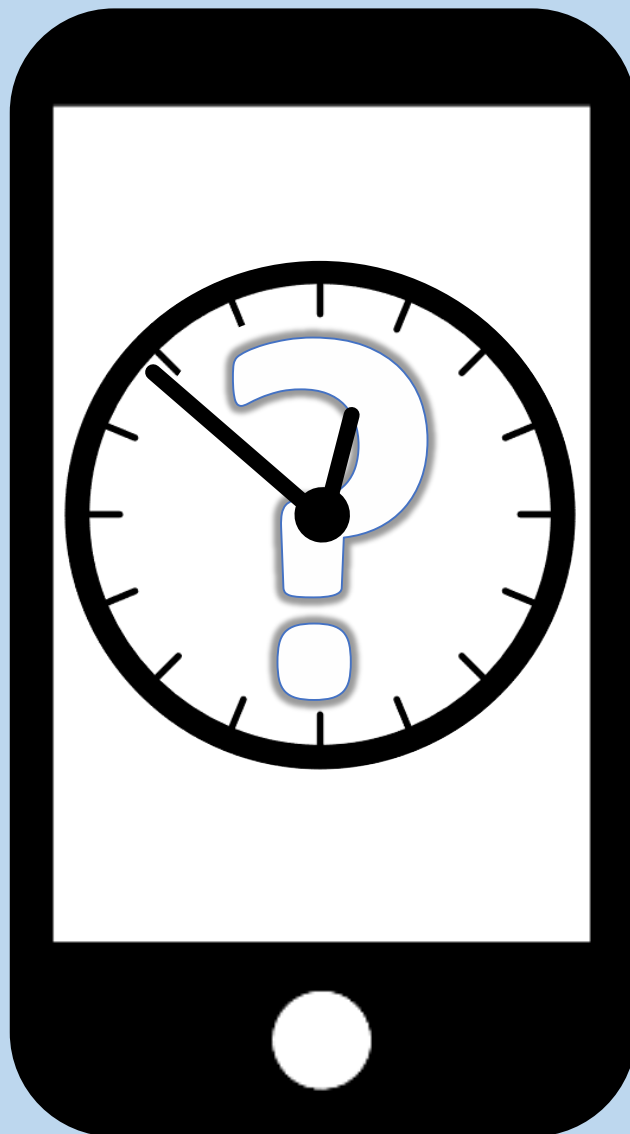
The screens in our lives can help us and make us feel good in hundreds of ways.

It's not surprising that many of us use our phones, computers, tablets and video games as much as we can.

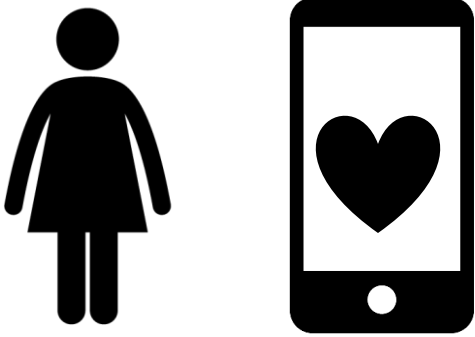


Chapter 2:

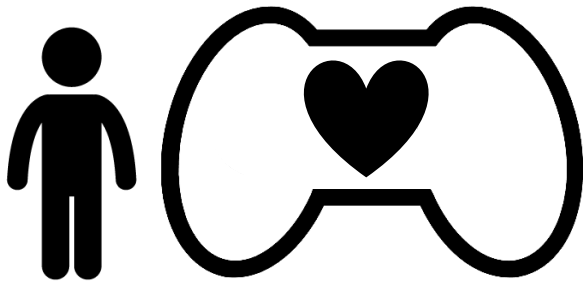
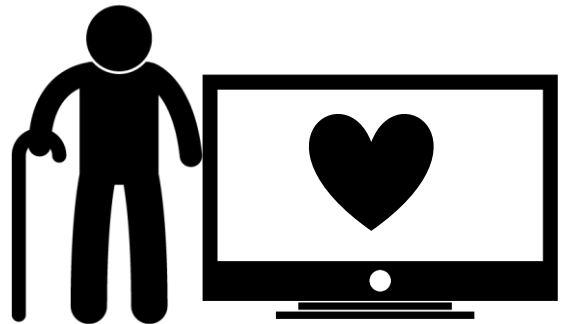
What is the right amount of
screen time?



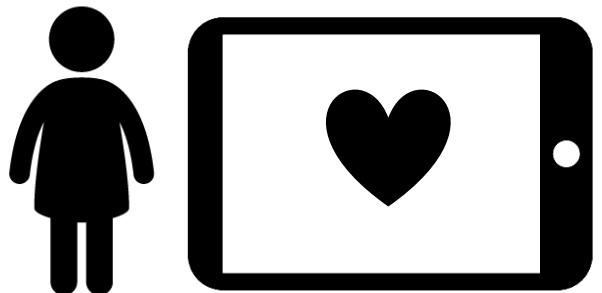
When we like doing something,
we like to do it often.



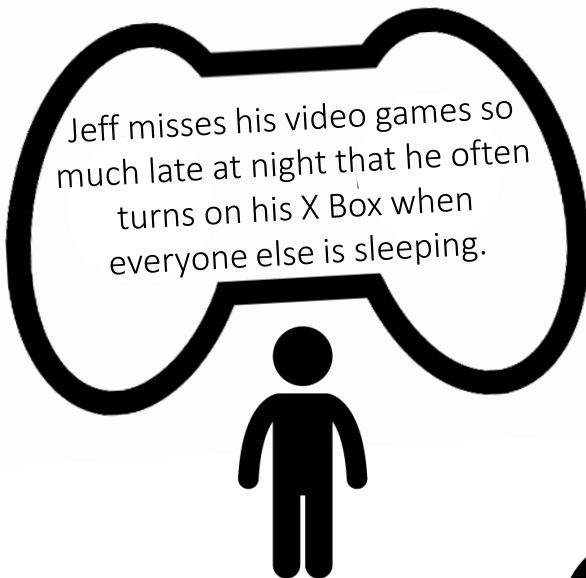
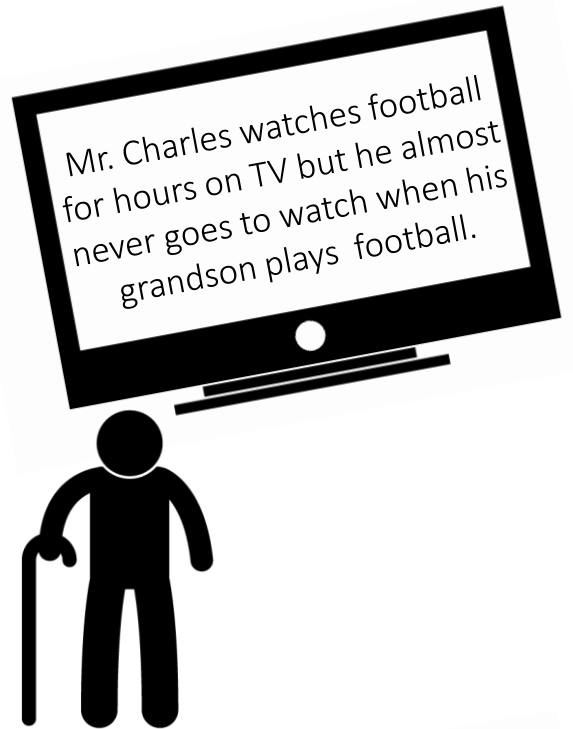
Many of us really
like our screen
devices.



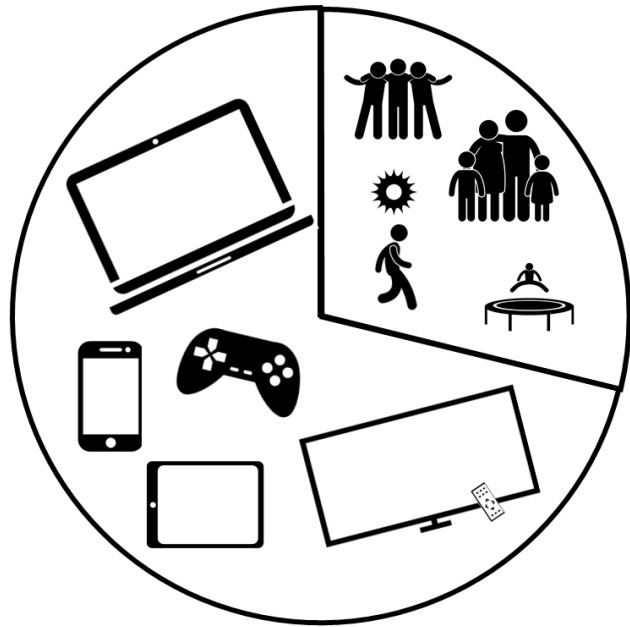
So, we use
them as much
as possible.



Using the screen devices can make us feel better and better. But then something unexpected happens. Little by little, our love for them can start to affect other parts of our lives.



There is something about screens that can make many people get too stuck on their computers, tablets, phones, games and TV's.

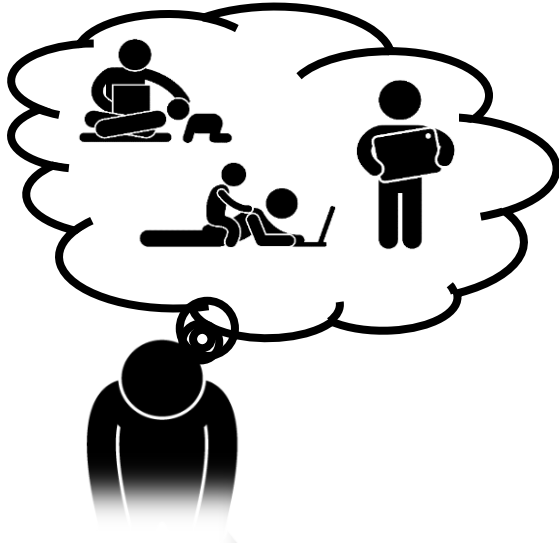
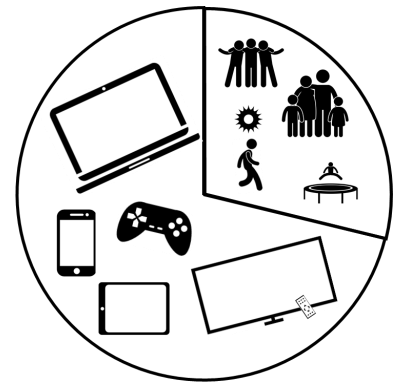
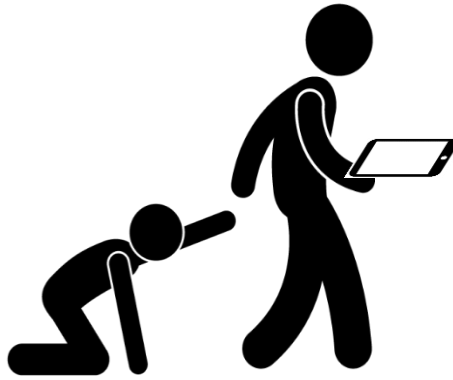


Screens are so interesting, and so hard to stop looking at, that other things in life can start to seem dull in comparison.

Everyone must somehow find a better balance between their screen life and their non-screen life.

On the next four pages are many examples of people who have lost the balance between screen activities and non-screen activities.

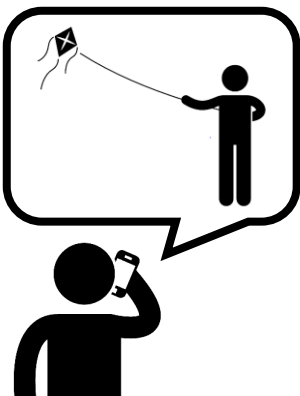
Jon plays on his tablet for five hours but when his father finally makes him stop, he feels terrible!



When Jack thinks about his life and all his happiest memories, it makes him sad sometimes since it all seems to be about screens. "Is that all there is to my life?", he thinks.



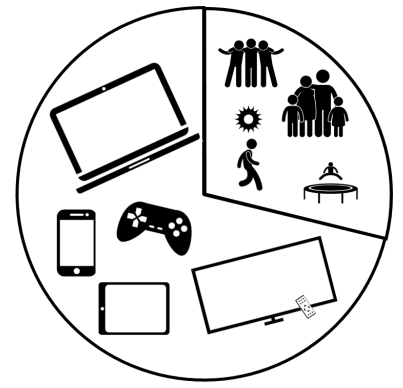
Maria tries and tries to focus on her homework. But her mind can't stop thinking about her games and TV shows and everything else on her screens.



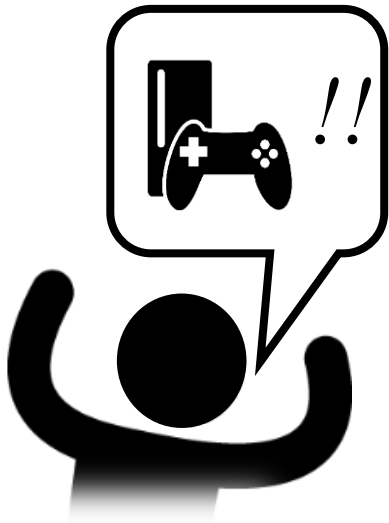
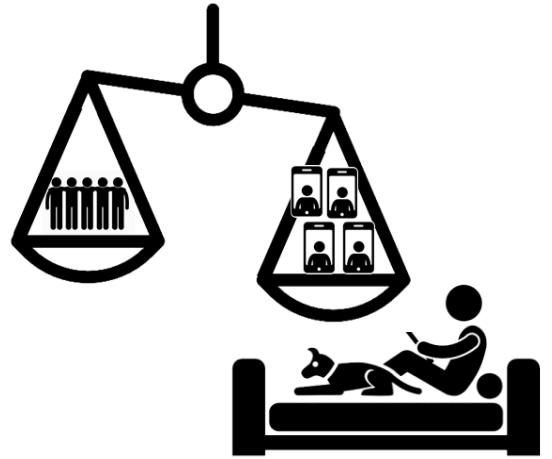
Alan gets a call from his best friend who wants to go fly a kite. Alan says no. There is a new game update today on Alan's favorite game and he can't think of anything else.



Little by little, Andrea got bored with the whole idea of playing with kids. She now prefers to stay inside near a good, strong wi-fi signal.



Kyle cannot stand being out of touch with friends, even for a short time. His need to constantly keep track of people on social media has taken over his life.



Mike is so excited about his favorite video game that he has a hard time talking about anything else.

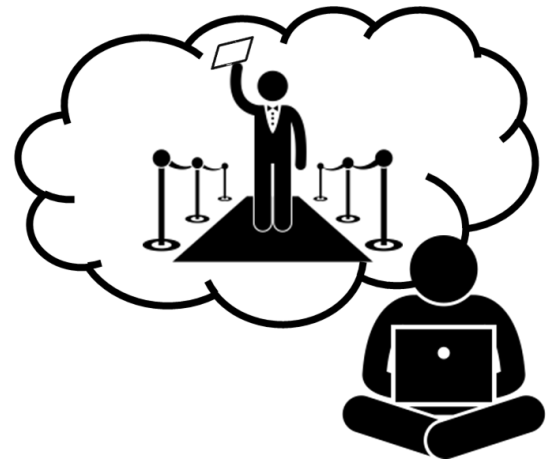
When the Wi-Fi goes out for two days at Janelle's house, it feels like almost the worst thing that ever happened to her.



James cares a lot about the world of his movies. But he has stopped caring about picking up his things or bathing and his family is disgusted.

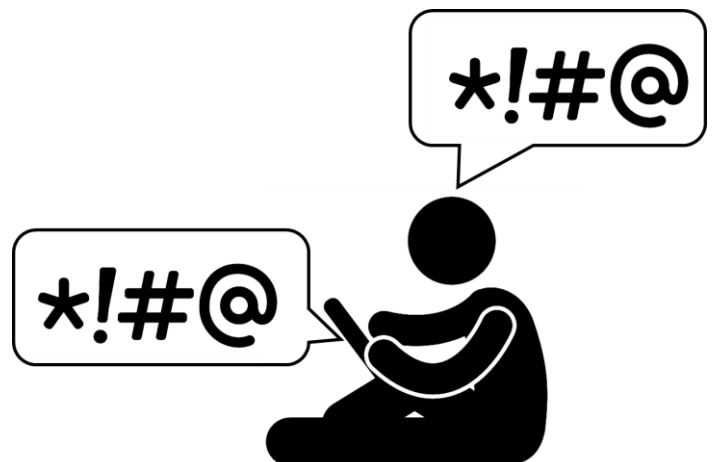


Anthony is just a kid who plays video games, but lately he is feeling really sure he will be a famous YouTube star.



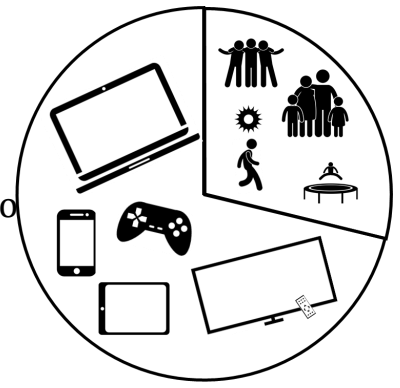
Mark's online game character is smart, handsome and powerful. But in real life, Mark does not really like himself all that much.

Elise hears all kinds of bad words online. She ends up saying a lot of the same bad words now, even though that is against the rules.





Sarah still thinks about the lovely pottery she used to make. But more and more she just thinks about getting higher game scores.



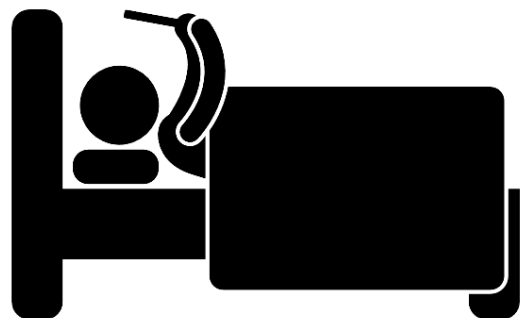
Jeremy never got in much trouble much before he got his phone. But lately his bad decisions on using the phone are getting him in trouble with his school – and even the police.



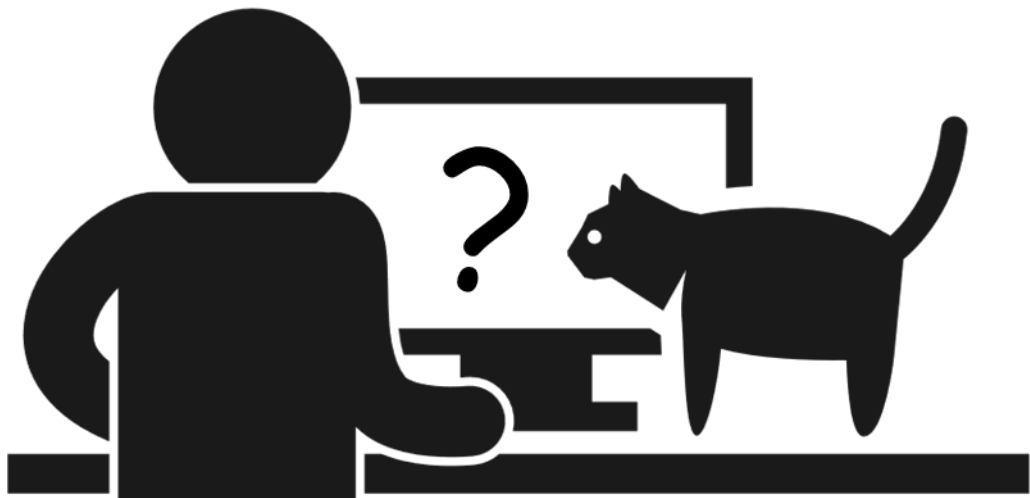
Frank has always felt a little nervous around people. Lately, he depends on his phone all the time when other people are nearby. He finds it so hard to even look up from his phone sometimes when people are around.



Isaiah was warned to not to look at websites that are just for grown-ups. But even when he tries hard to stop, he keeps going back to look over and over.



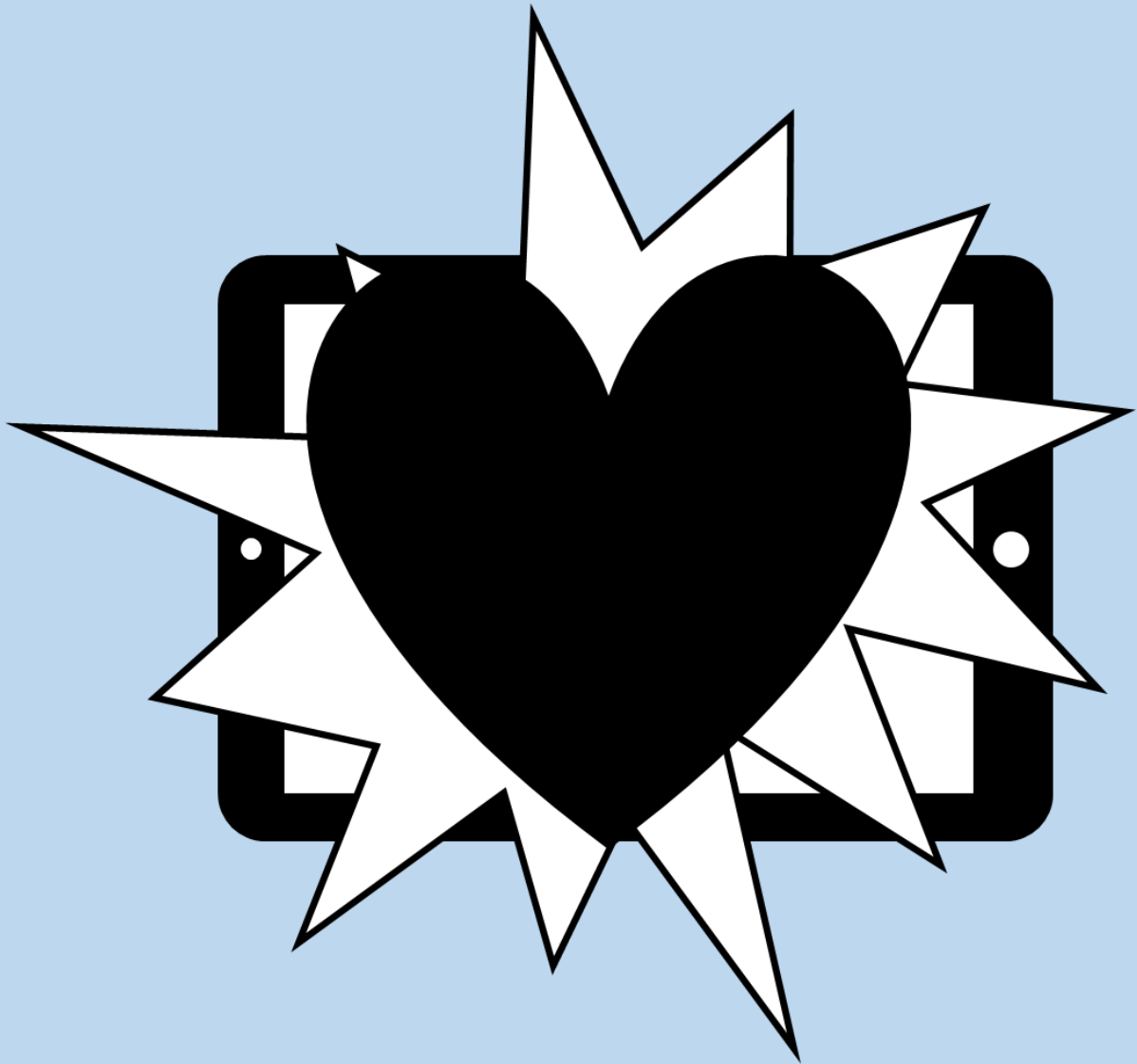
Before going on in the book, look again at the examples from the previous four pages.

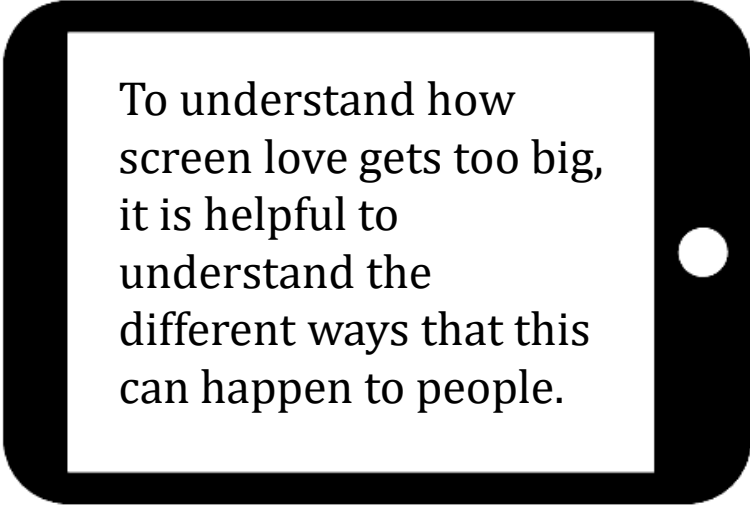


Which of these examples help your understanding of the way screen devices fit into your own life?

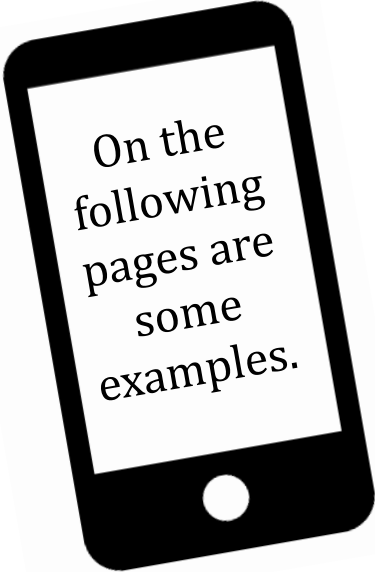
Chapter 3:

How screen love can get too big

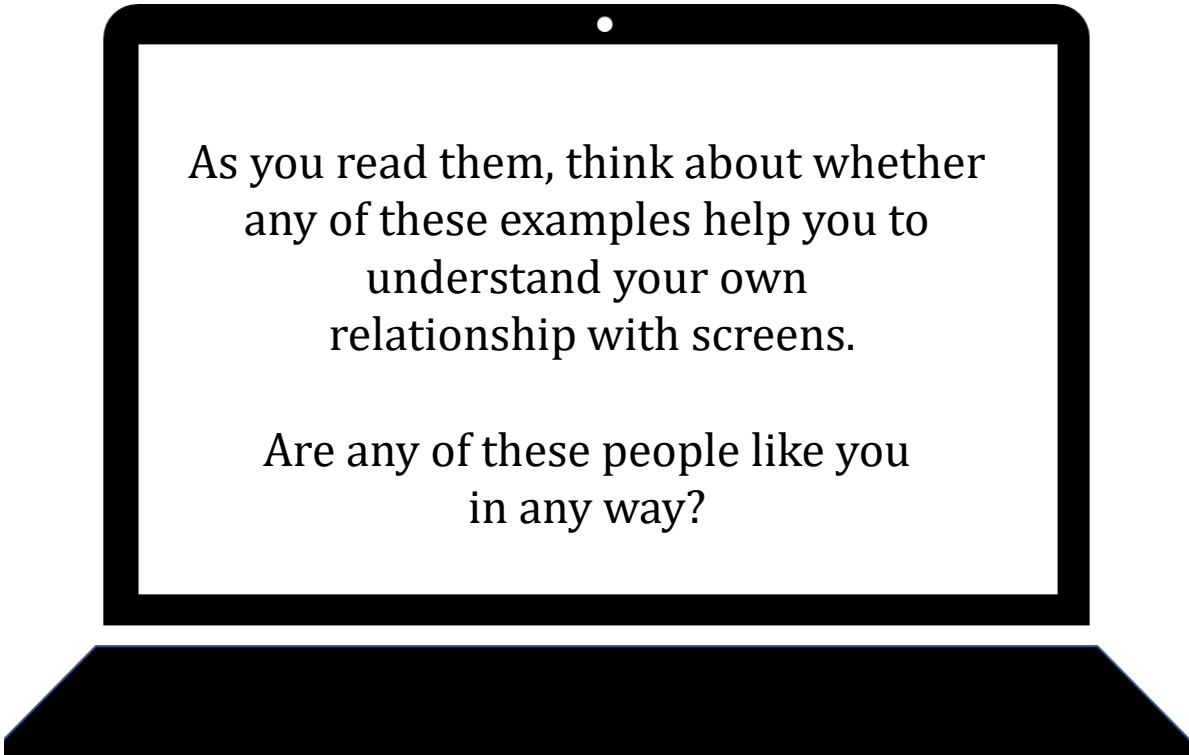




To understand how screen love gets too big, it is helpful to understand the different ways that this can happen to people.



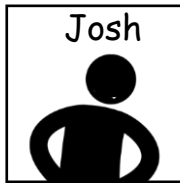
On the following pages are some examples.



As you read them, think about whether any of these examples help you to understand your own relationship with screens.

Are any of these people like you in any way?

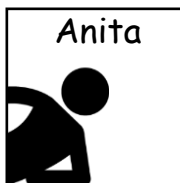
Are you like any of these people, in any way?



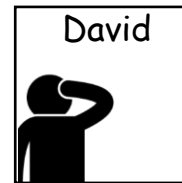
Josh's favorite video game is amazing, and with each new update it only gets better. It is becoming painful for Josh to be away from the game for very long, and when it is time to stop playing it, he gets really grouchy.



Ellie loves her friends and being in touch with them through text and social media. The problem is that it has become hard for her to be out of online contact with them during a meal, a sporting event, or even a night's sleep.



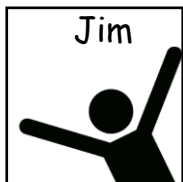
Anita has a special interest that few kids her age know anything about. That's frustrating for Anita. But she has found an online community of people who love her same interest. Anita feels so strongly connected with them that she has been avoiding boring "face to face" people.



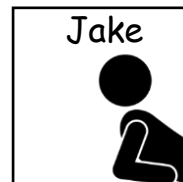
Being around people in person is challenging for David. The noises and crowding of public places are hard for him to deal with. Also, other people seem to like things David doesn't care about. But online adventure games are wonderful for David, and he can't get enough of them.

What about these people?

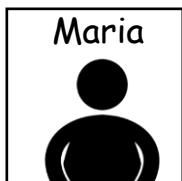
Are you like any of them, in any way?



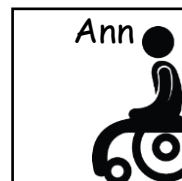
Jim has always had lots of energy. Unfortunately, his family lives in a crowded neighborhood where there is no safe place for kids to hang out. The video games he plays make him feel less hyper for a while. Without these games, Jim often feels very restless and unhappy.



Once Jake started looking at certain online videos meant only for adults, he soon found he just had to watch them over and over. When his dad took away his phone, Jake found another way to see the videos, even when he wanted to stop.



There are many things that make Maria feel anxious. She feels desperate to find ways to relax. Certain games and videos seemed to really make the worries go away for a while. But now she depends on her screens to relax, and she gets panicky when she is away from them too long.



Ann's life is hard in many ways. She is starting to adjust to the wheelchair. But her parents arguing, and then their divorce, make her feel so sad. The more stressed she feels, the more she is on her computer, often all day and half the night, trying to forget her troubles.

Sometimes, a person can start to notice on their own that they have a problem. Here are some examples of people who began to notice important things about their screen use. Which of these people is a little bit like you?



Frank looked in his middle school yearbook at the interesting things many of his friends had done in the past year in after-school clubs. He decides he might try an after-school club next year, even though that would really cut down on his time on the computer at home.

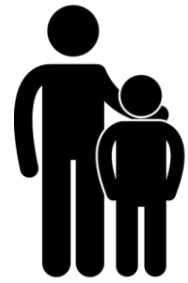


Janine visits a fascinating website where gamers share ideas about how they sometimes get bored, frustrated and lonely when they do gaming too long. She starts to think about some problems with the way she is affected by video games.

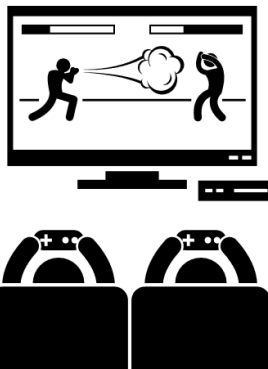
For a school project, Emma is reading a story about people a hundred years ago, and it makes her curious. If someone wrote a story about *her*, what would the story be like? Would the story just describe a girl lying in bed watching videos? Emma begins to think about her own life as a story that needs a new and better chapter.



At other times, a person does not know about their problem until another person points it out. Are you like any of these people?



Leah's counselor had a talk with Leah and her dad. He pointed out how both of them spend way too much time on their screen devices and that this is hurting their relationship.



Joseph and his family enjoy good food and lots of video gaming. At the doctor, Joseph gets scary news about his health, weight and his lack of exercise. Joseph and his parents have a serious discussion on the way home.

Brian's family ran into problems when Dad hurt his back and can't work or even help much at home. Mom tells Brian he is being selfish playing on his computer all day and she needs help with taking care of their home and their farm.



Madison's teachers have always said she was smart. But Madison's grades are dropping ever since she got her new first phone. Madison's teacher arranges a meeting with Madison and her dad to talk about it.

So, people learn about problems by noticing these problems on their own and by having other people help them to notice them. What issues have *you* begun to notice about *your own* use of screen devices? What concerns have other people noticed?



Below, put a check next to the problems that you might possibly have.

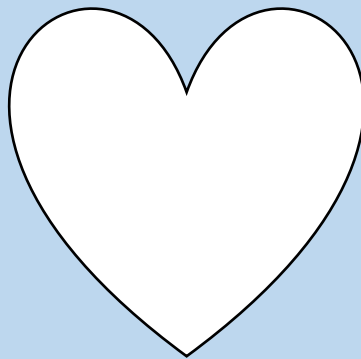


I feel bored and lonely sometimes when using my computer, tablet, phone or video games.	<input type="checkbox"/>
When I try to cut down on screen time sometimes, it is really, really hard.	<input type="checkbox"/>
I miss some of the things I used to do before I was using the screens so much.	<input type="checkbox"/>
I might be getting out of shape or unhealthy from sitting down so much with my screen devices.	<input type="checkbox"/>
When I think about my favorite experiences in recent months, they mostly involve screen devices.	<input type="checkbox"/>
I got in some trouble because of something that I wrote or shared on social media.	<input type="checkbox"/>
I feel very tempted sometimes to use computers at my school to do things that are not allowed.	<input type="checkbox"/>
A loss or disappointment in a video game can affect me even more than something in real life.	<input type="checkbox"/>

Someone told me that I don't do schoolwork well because I am on my screen devices too much.	<input type="checkbox"/>
Someone told me I get lazy, rude or grouchy because I am gaming and on the computer so much.	<input type="checkbox"/>
Someone told me I lose sleep from using screen devices too late at night.	<input type="checkbox"/>
Someone told me I talk about my favorite game, show, video or website too much.	<input type="checkbox"/>
Someone told me I was neglecting people in my family because of my screen devices.	<input type="checkbox"/>
Someone told me I talk impolitely and say bad words like some people do in online videos.	<input type="checkbox"/>
Someone told me I am neglecting other people's needs by being so devoted to my screen devices.	<input type="checkbox"/>
Anything else?	<input type="checkbox"/>

Chapter 4:

Like, love, addiction



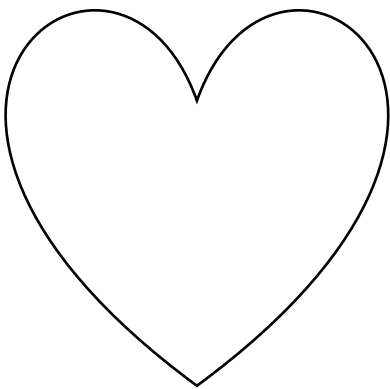
Liking, loving and addiction are three different levels of wanting pleasure from something.

The first two levels, liking and loving, are pretty easy to understand.



What are some things you **like**?

(Foods, drinks, music, people, activities.)



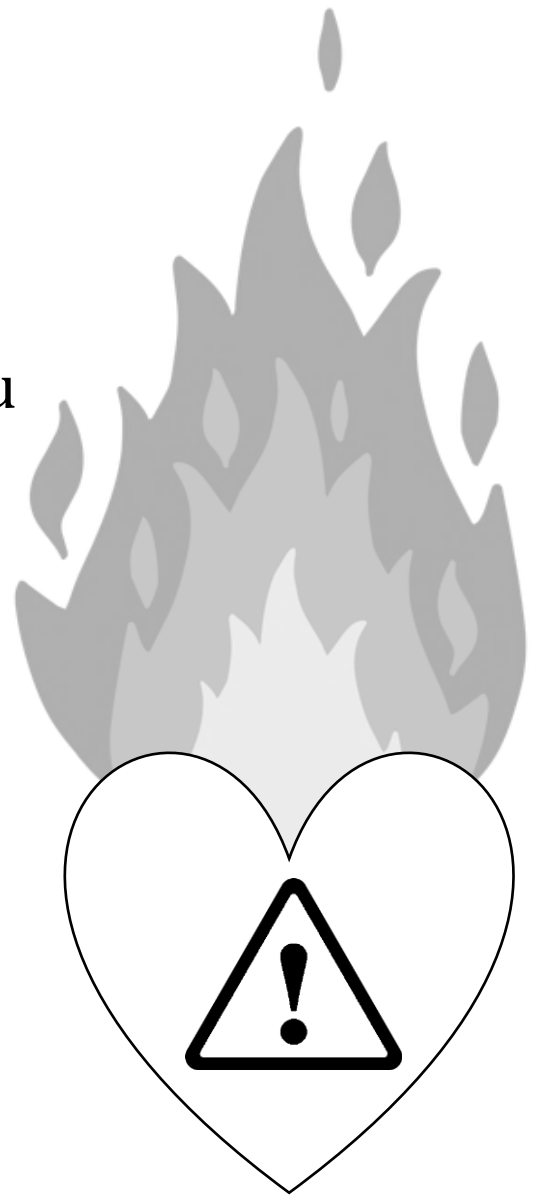
What are some things you **love**?

(Foods, drinks, music, people, activities.)

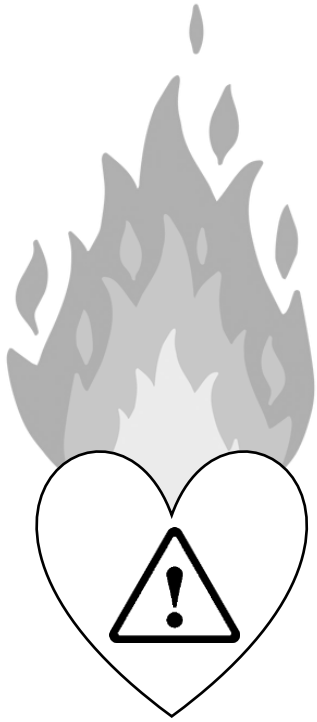
Addiction is trickier to understand.

Addiction means that you like something *too much for your own good*.

Addiction is harmful because it is so hard to stop doing the thing you want so badly. Addiction can keep you from doing other things that are necessary and enjoyable.



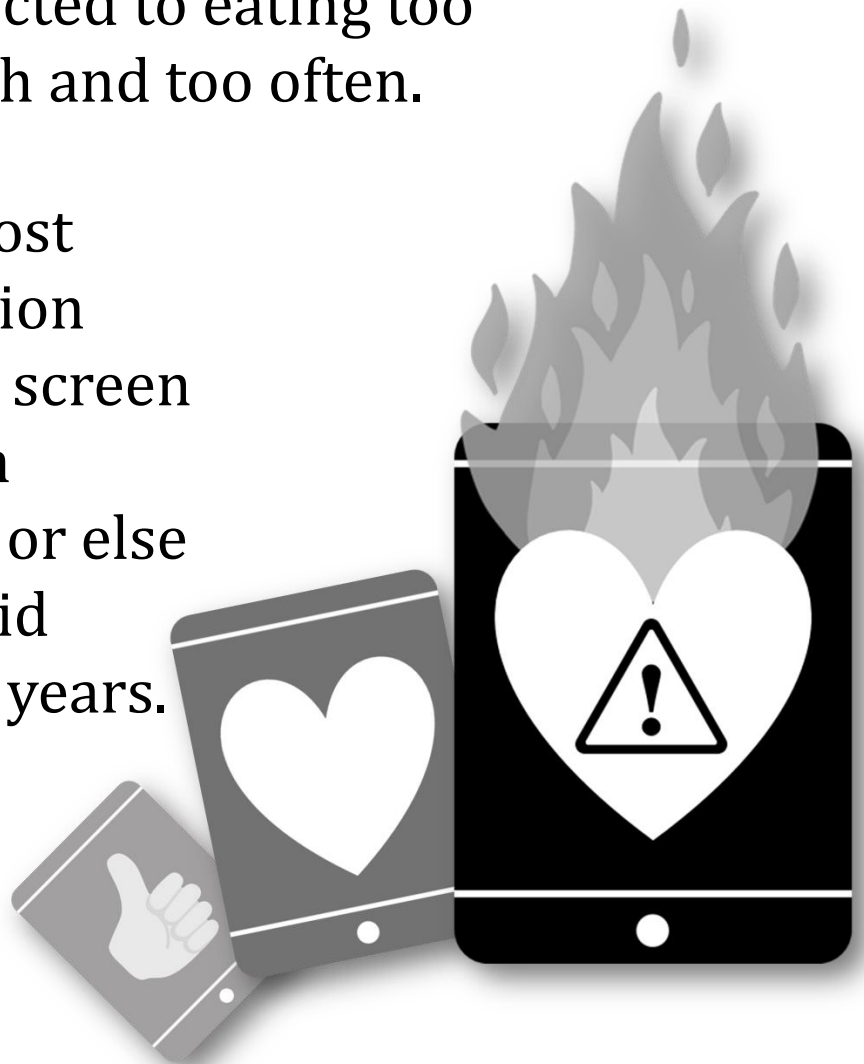
We often hear about kinds of addiction that happen to grownups.



Having addiction does not make a person bad. It happens to all kinds of nice people. It can even happen to kids like you. There are many kinds of addiction. For example, kids can get addicted to eating too much and too often.



Probably the most common addiction affecting kids is screen addiction. It can happen quickly or else sneak up on a kid over months or years.



Here come some hard questions.

You will probably need a trusted grownup with you while trying to answer them.

For each of the screen devices below, do you like it, or love it, or are you addicted to it?



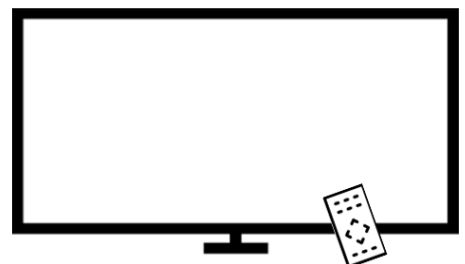
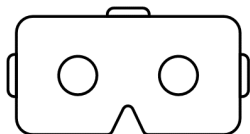
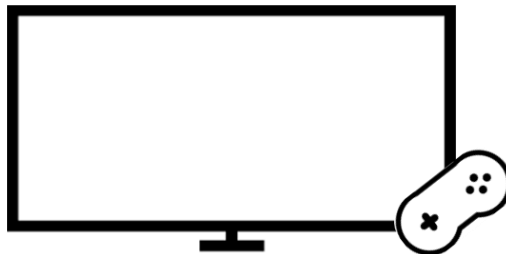
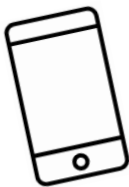
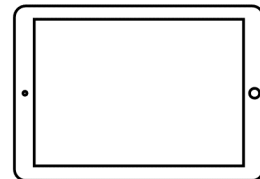
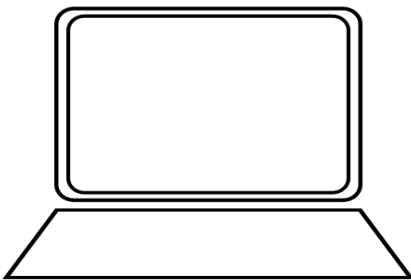
LIKE IT



LOVE IT



ADDICTED

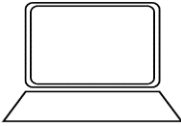



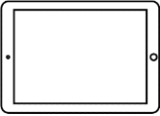



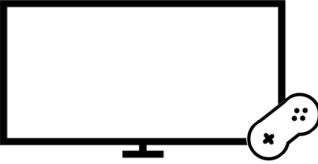



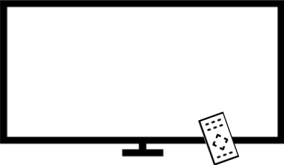



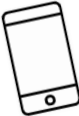









Like / Love / Addicted Exploration Worksheet

For each of the screen devices shown on the left, circle whether you like it, love it or feel addicted to it.

Then, write down in the middle spaces what your most important activity is with that screen device.

The adult with you will fill out the *next* page, which looks like this page.

	Write down what is your main activity on this device.	Please circle Like, Love or Addicted
		 Like  Love  Addicted
		 Like  Love  Addicted
		 Like  Love  Addicted
		 Like  Love  Addicted
		 Like  Love  Addicted
		 Like  Love  Addicted





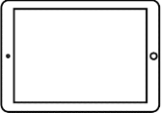



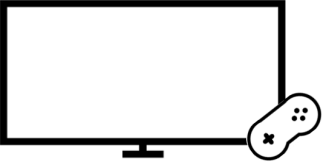



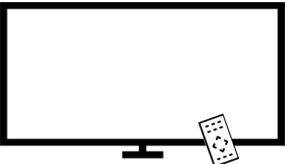



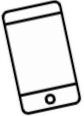







Like / Love / Addicted Exploration Worksheet

Adult Copy

This is just like the previous page, but this one the adult fills out about you. When you have both finished filling out these two sheets, you can compare and discuss what you wrote down.

Write down what is your main activity on this device.

Please circle Like, Love or Addicted

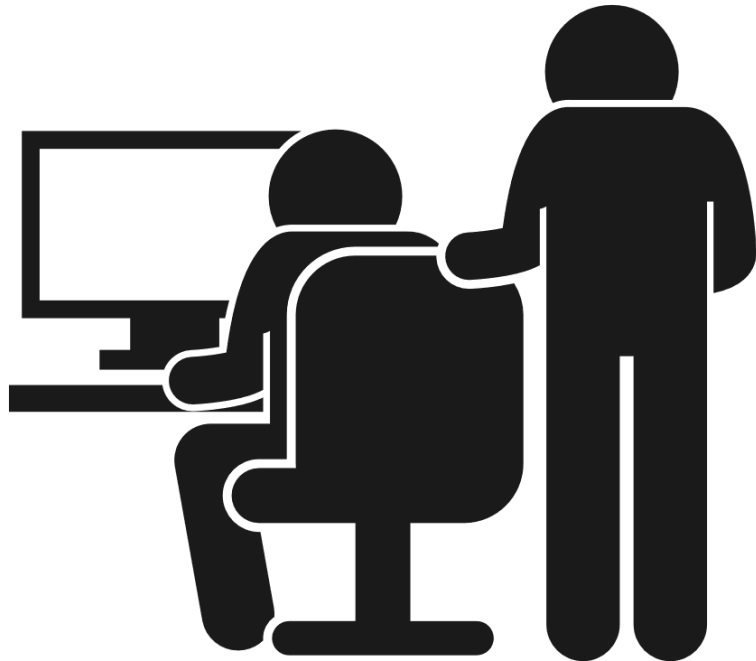
		 Like  Love  Addicted
		 Like  Love  Addicted
		 Like  Love  Addicted
		 Like  Love  Addicted
		 Like  Love  Addicted
		 Like  Love  Addicted

You have made
it pretty far in a
very challenging
book.



You have
started to learn
important
things about
yourself.

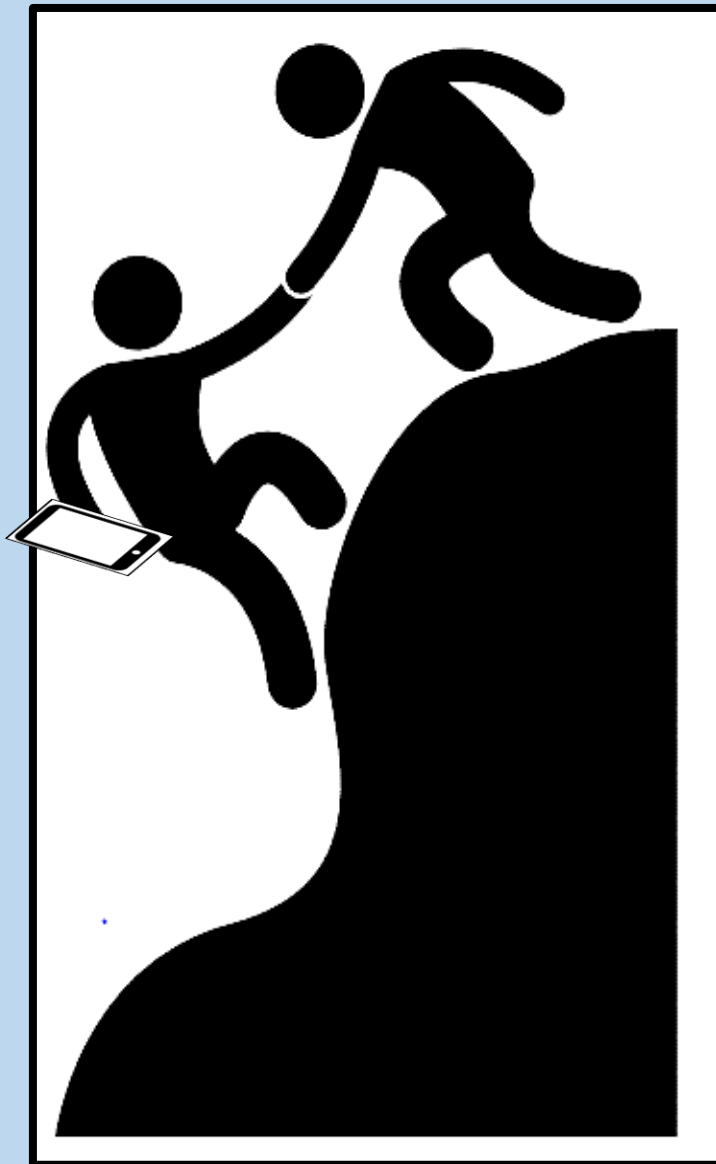




You may now be ready to go on to
an even higher level of learning.

Chapter 5:

Accepting help





People who have developed very strong screen-using habits – whether they are adults or kids – usually find these habits hard to bring under control.



That is why people must accept help from others when they are doing this difficult and important work.



There are different kinds of people who can offer help when you are trying to break tough habits. Each kind of helping person is different. Which ones will be most important for you?



Parent or guardian



Counselor,
therapist, teacher

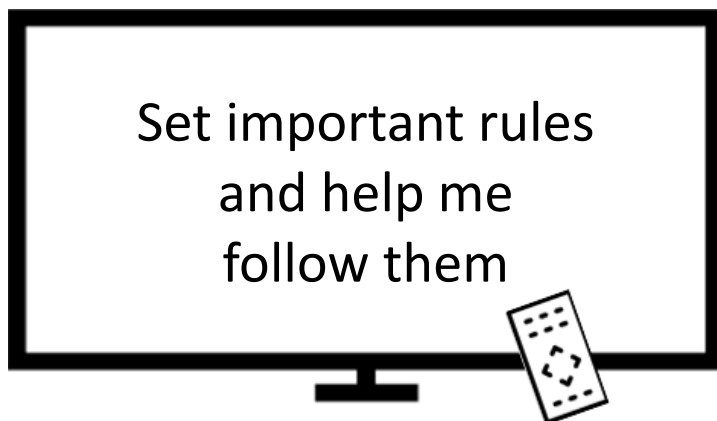
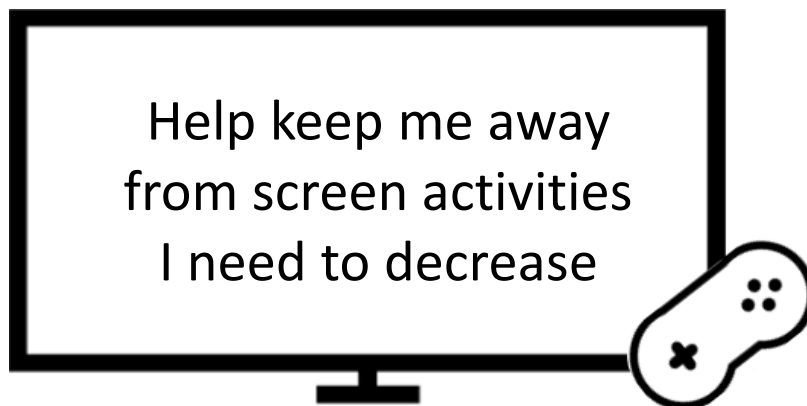
Family and relatives



Friends.

(This is tricky because some of your friends might have their own problems with screen devices.)

The people who assist you during this challenging time can help you in these different ways.



People who might help, in different ways

Look over the different kinds of helpers and the ways they might help.

Write down the names of some people in each category who might help.

Put check marks in different boxes to show what ways each kind of helper might be useful.



Parent / guardian

Names:



Counselor / teacher / therapist

Names:



Family / relatives

Names:



Friends

Names:

Give advice about my problem

Set important rules and help me follow them

Help me with upsetting feelings

Help keep me away from screen activities I need to decrease or stop

Help me have fun when I need it

Give advice about my problem				
Set important rules and help me follow them				
Help me with upsetting feelings				
Help keep me away from screen activities I need to decrease or stop				
Help me have fun when I need it				

Dealing with negative thoughts towards the people helping you

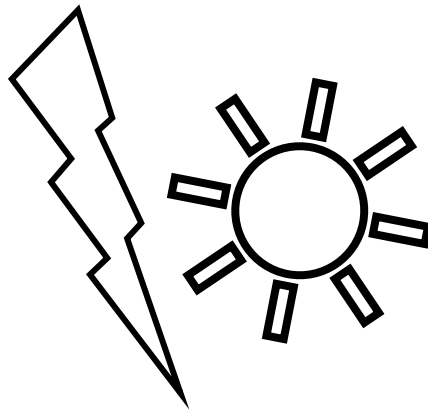


When you begin to change the way you use your screen devices, you will have all kinds of different feelings. Many of them will be good. You will feel proud of yourself. At times you may feel like you are going on a sort of adventure.

Of course, at other times you will also feel stress, especially at first. Sometimes, this might make you feel frustrated or even angry at the people who are helping you.

On the next page are some angry thoughts you should get ready for, and some suggestions on how to deal with these thoughts. On the page after that are some suggestions on ways to talk with the person who is trying to help you.

Negative thoughts I might have towards someone helping me



Thoughts I might use to fight the negative thoughts

They don't know what I'm going through!

They care about you and want the best for you.

All they want to do is just control me!

Part of a grownups' job is to supervise the young. It's not just being mean.

They say I will feel better eventually. That's a lie!

People who stick with cutting down on screens are nearly always glad about it later.

My friends online are my real friends – not this grownup!

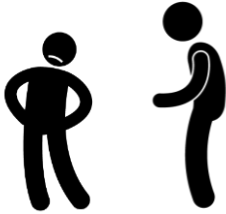
How long have they been my friends? What have they really done for me?

What is another negative thought I am getting?

What can I do to fight it?

Useful words when I am building cooperation with the people helping me

Words like this don't help.

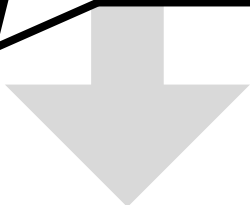


Give that thing back to me NOW!!!

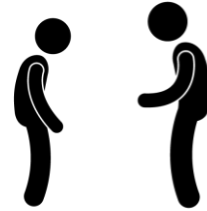
I hate you!

I am so bored, restless and lonely now – all because of you!

I am NOT sorry.



Words like this DO help.

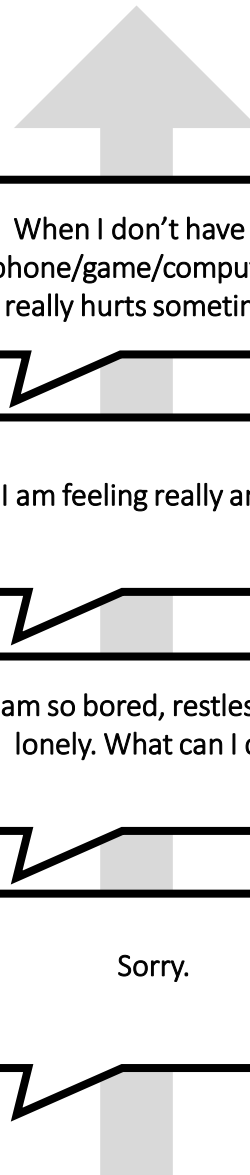


When I don't have my phone/game/computer, it really hurts sometimes.

I am feeling really angry.

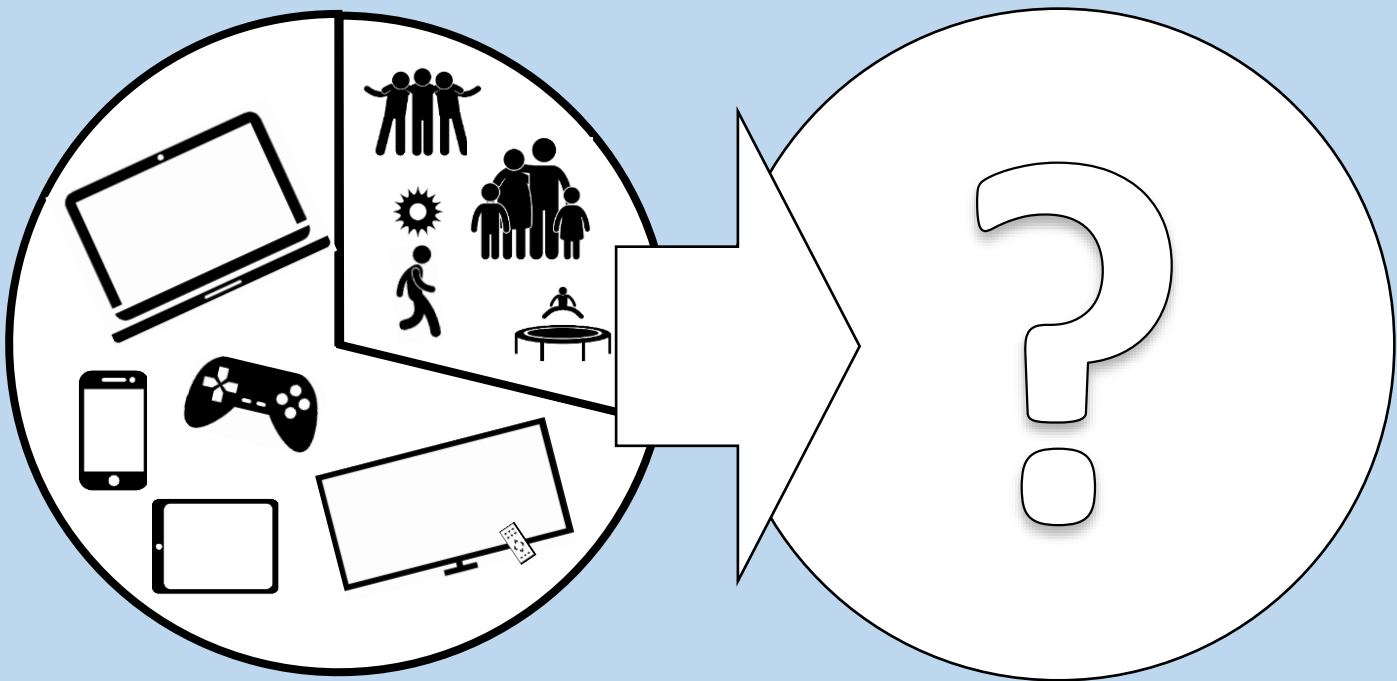
I am so bored, restless and lonely. What can I do?

Sorry.

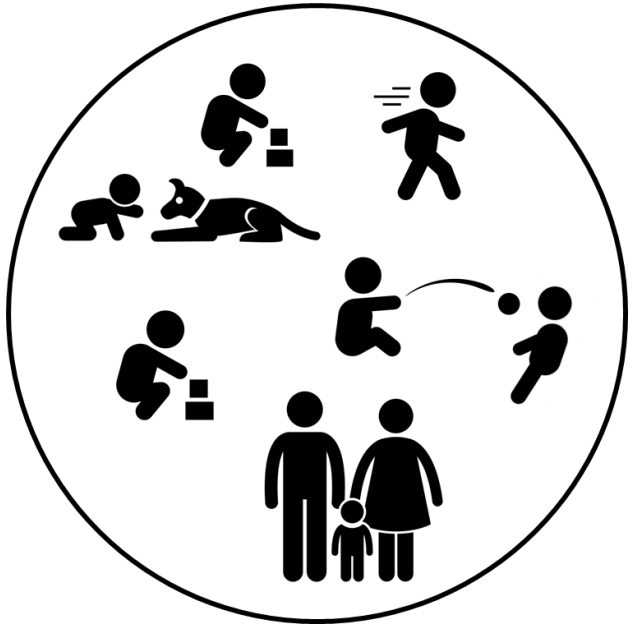


Chapter 6:

Imagining a different balance between screens and no screens



Humans are not born wanting screen devices.

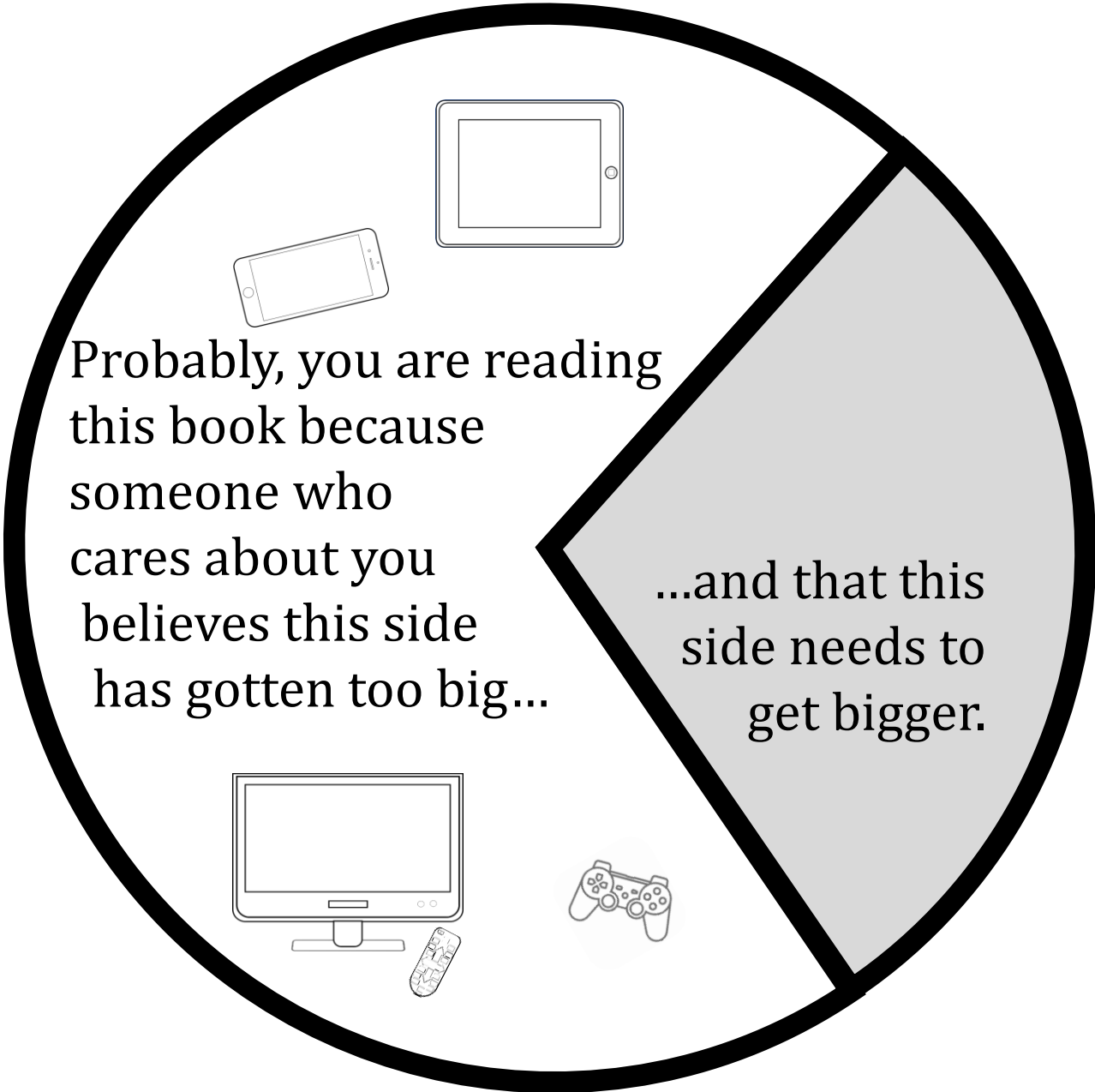


We all start out like this...

...but then this often happens...



...and finally, this.



Probably, you are reading
this book because
someone who
cares about you
believes this side
has gotten too big...

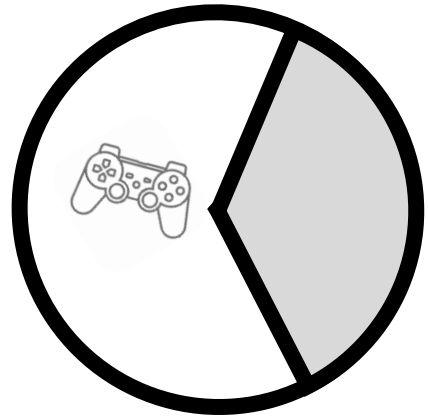
...and that this
side needs to
get bigger.

People often think that their love for screens and the way they use screens will always stay the same.

Forever.

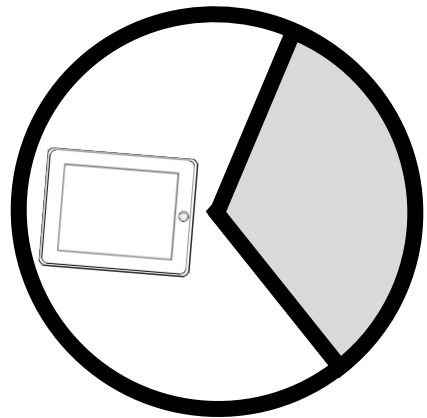
I'm a gamer, big time! Seven hours on Saturdays. That's me!

Jeff



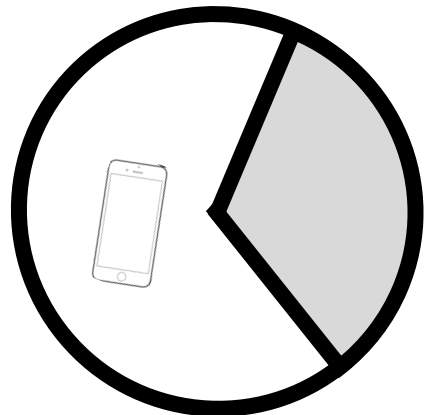
All week, I look forward to watching YouTube the whole weekend. Ain't gonna change.

Sam



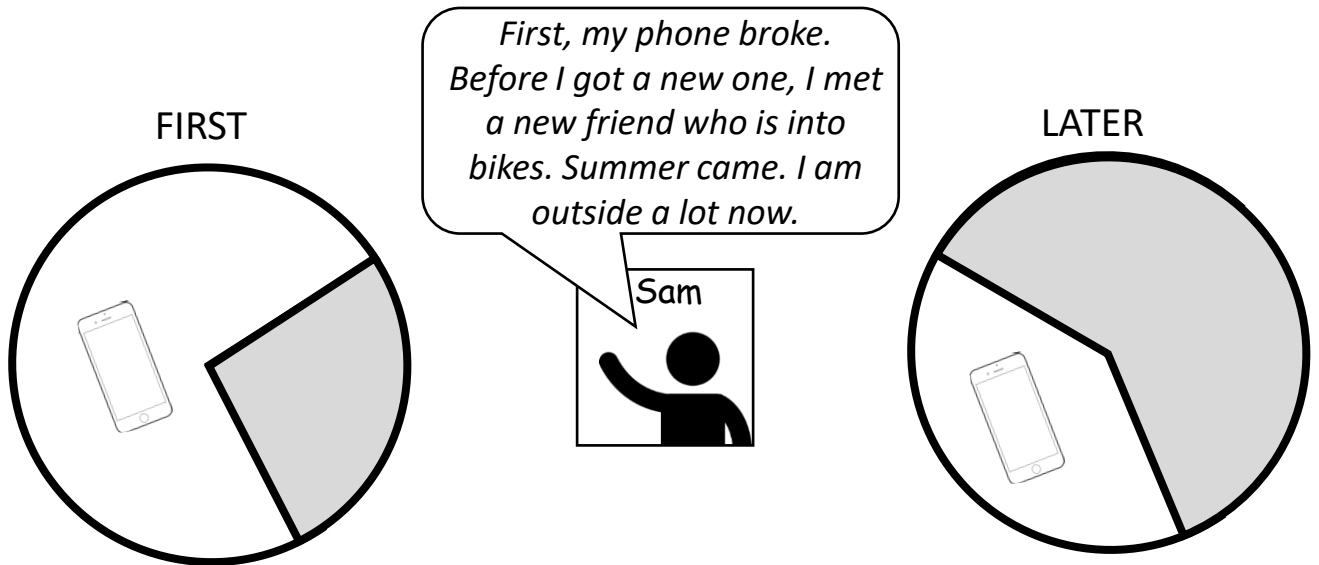
My many, many friends online rely on me to keep track of them. Been that way, going to stay that way.

Amy

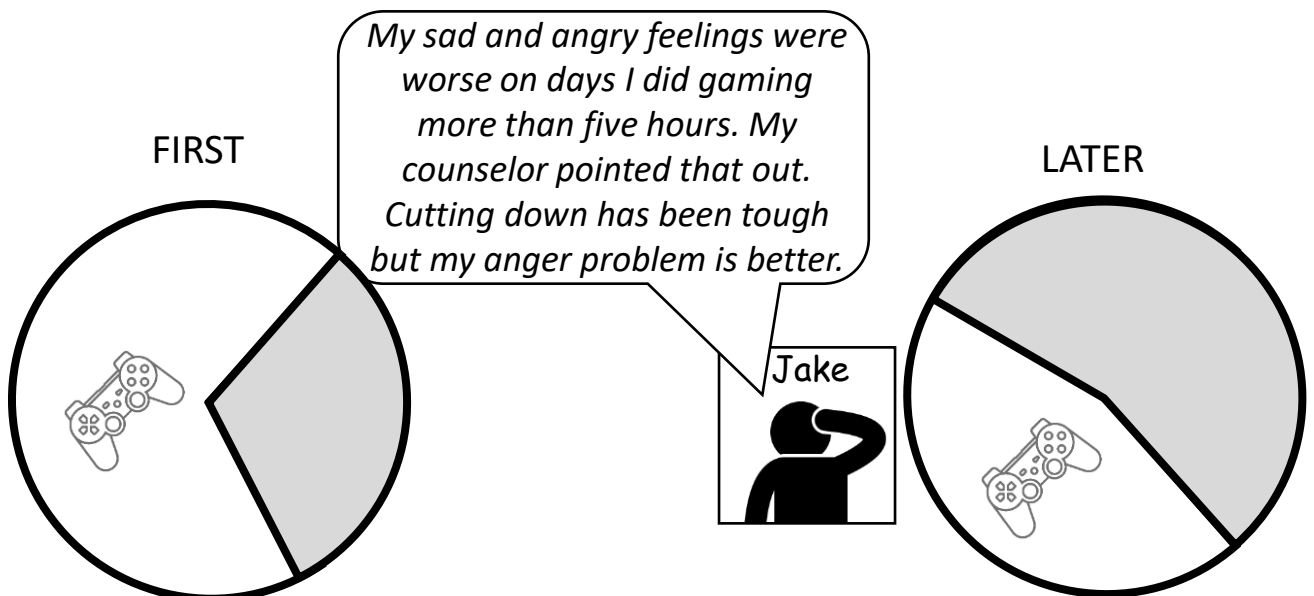


But actually, people do often change the way they use their screen devices. They learn new ways to think and behave.

Sometimes this just seems to happen on its own.



Other times it happens because of a problem related to screen use, and a lot of hard work.



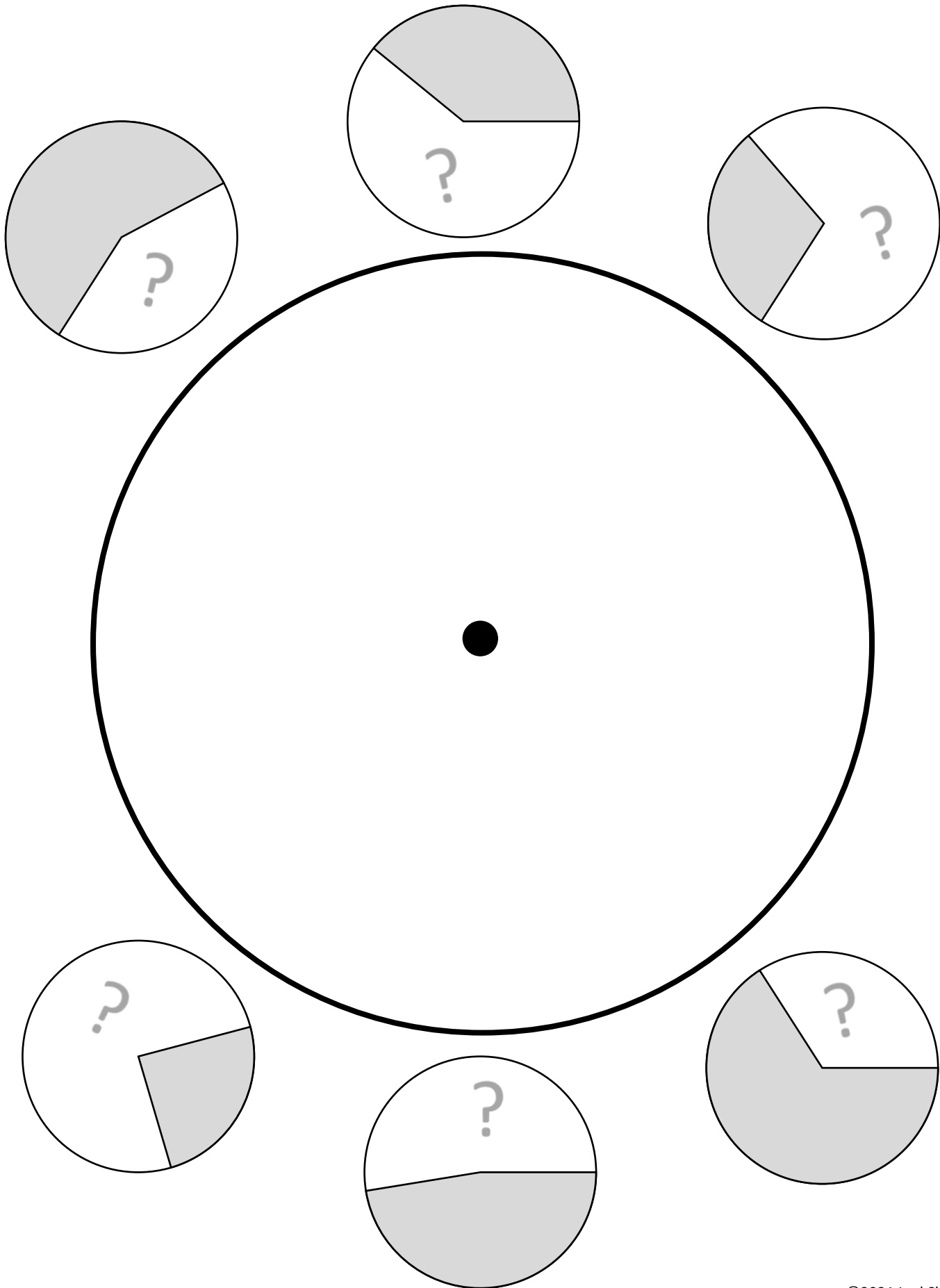
Screen Time Measuring Worksheet:
What you did on a Saturday or a typical summer day.

	circle what you were doing					NO SCREEN	brief description
7-9 am						NO SCREEN	
9-11 am						NO SCREEN	
11-1 pm						NO SCREEN	
1-3 pm						NO SCREEN	
3-6 pm						NO SCREEN	
6-9 pm						NO SCREEN	
9-11 pm						NO SCREEN	
11 pm and later						NO SCREEN	

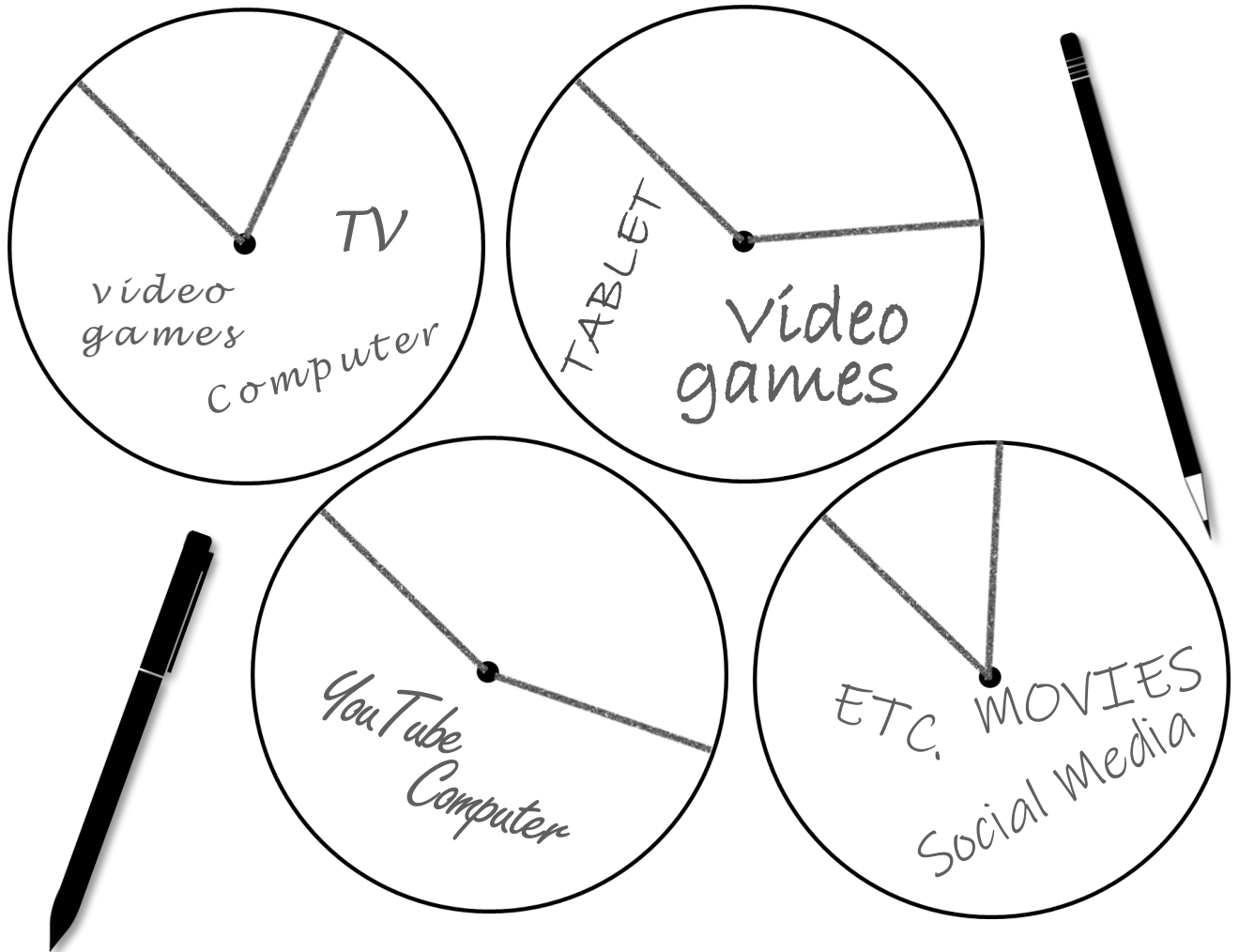
©2021 Joel Shaul

To help you begin to imagine a different balance between screen- and non-screen activities, go back to the worksheet you completed on page 16. This is the worksheet that counted up your daily hours of screen activities on a Saturday or some other free day.

Next, using the empty circle on the next page, draw lines to show the amount of time you spent that day using screen devices compared to other activities.



Different people's time circle pictures come out differently, like this.



How did your own time circle picture come out?

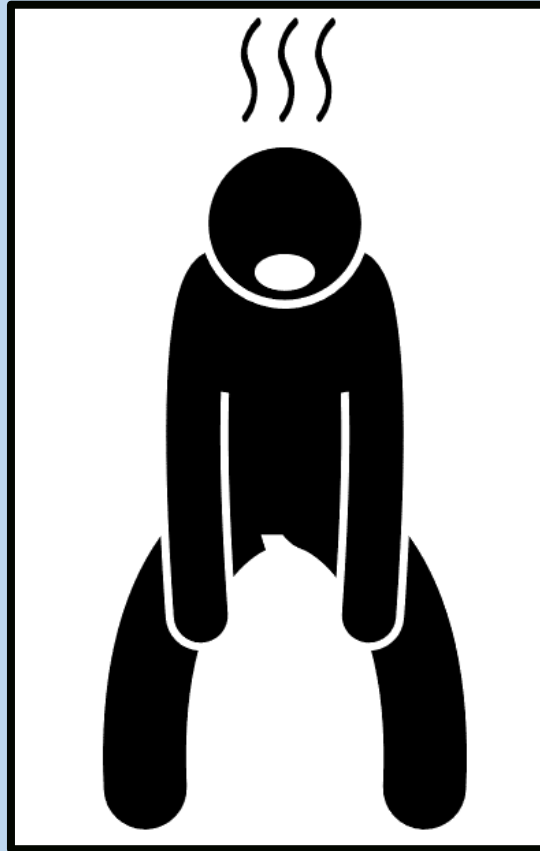
When you look at it, do you see any problem?

If you were a grown-up taking care of you, what would you think?

Discuss your findings with the adult who is helping you. What does the adult think?

Chapter 7:

When change is hard



Many people have certain thoughts, feelings and difficult situations that can make it especially hard to change the way they use screens.



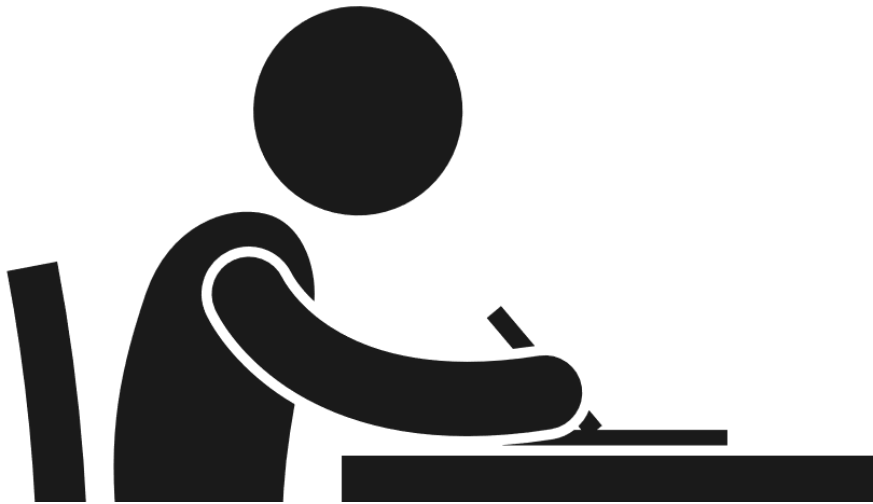
We should not ignore these special challenges.

It's best to face them honestly, and to talk about possible solutions with the adult who is helping you.

Look over the problems on the next page.

Which of these problems do you have yourself?

What are some possible solutions?



On the opposite page, write down some possible solutions in the empty thought bubbles. Or just talk about them with the adult who is helping you.

Some difficult thoughts

I feel I don't have enough talent or ability to learn new activities that would be interesting and fun enough for me.

I feel that my friendships with people online are just as important as face-to-face friendships, and I can't imagine spending less time with them.

Lots of face-to-face social activities make me anxious – even thinking about them can make me nervous.

I will never be able to keep up with what other people are doing if I am not texting or on social media for many hours a day.

Most of my friends seem to use screen devices during most of their free time, just like me.

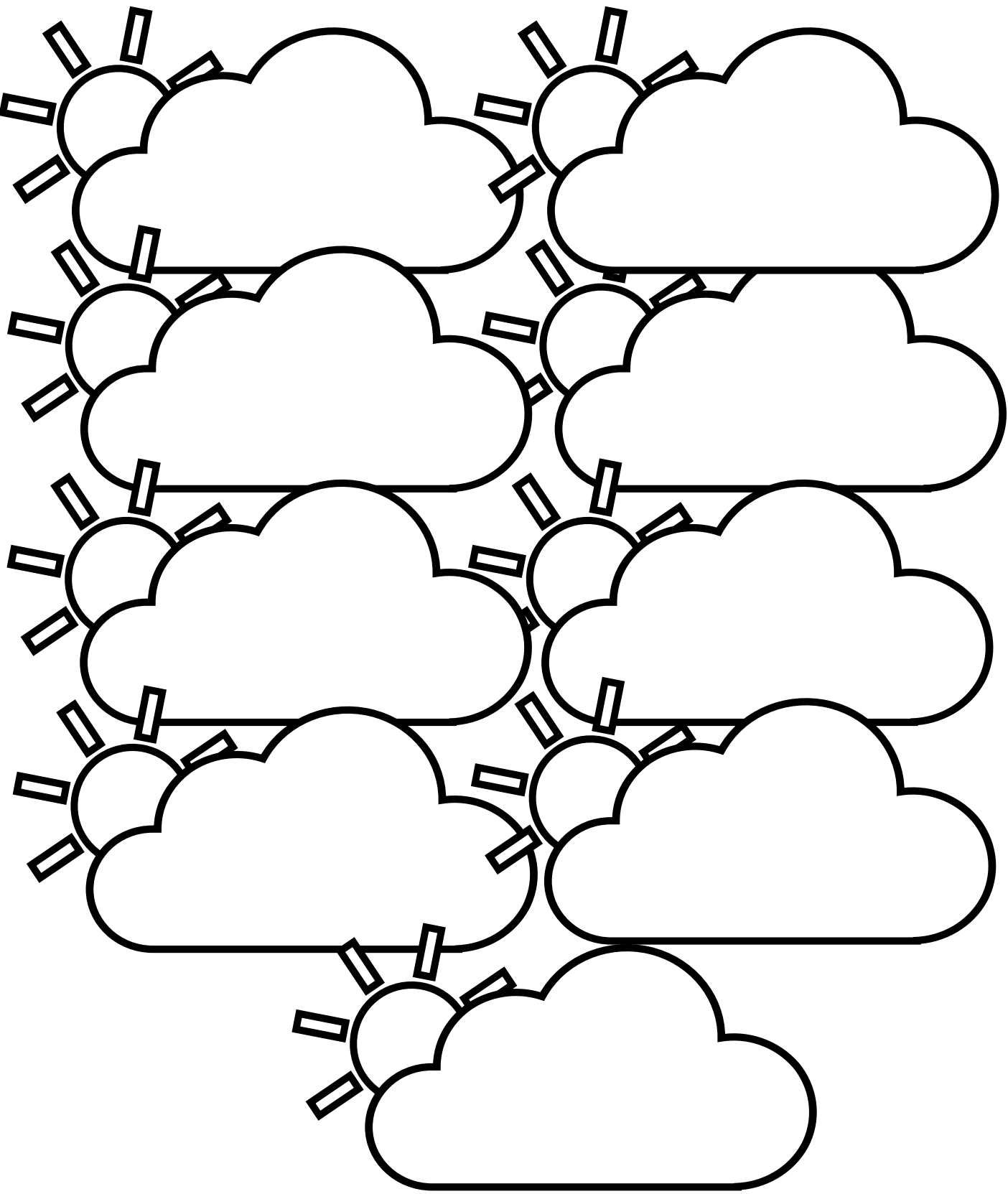
Adults don't understand how my future plans depend on my gaming. Lots of people earn good money by becoming game inventors and YouTube stars, and I could become one of them.

Playing video games might be more important to me than anything else I do. The quality of my life will go way down if I play games less.

In my home, other people are on screens most of the time – not just me.

Any other difficult thought?

What are some thoughts that might help?



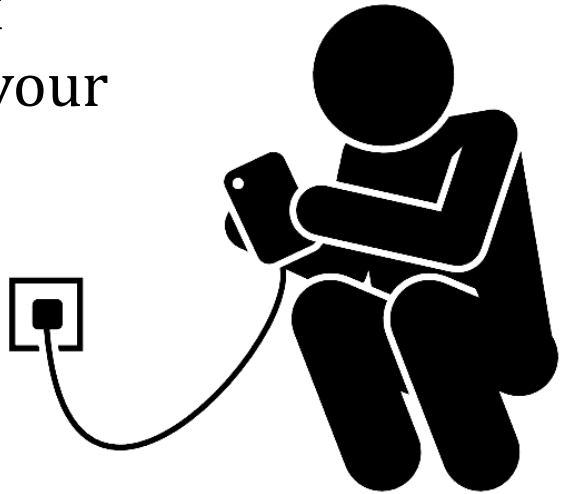
Lots of people are so used to using screens that they have forgotten about many of the other things in life that are fun and satisfying.

What am I ever
going to do
INSTEAD?

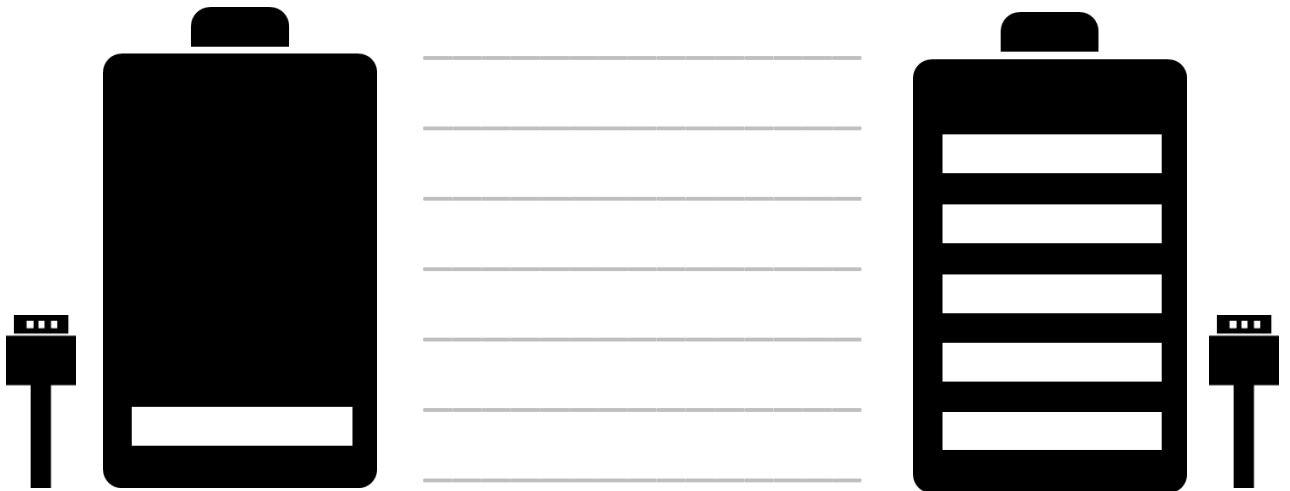


It really helps to think about other ways for your brain to “recharge.”

People who are very used to using screen activities to feel good often forget about other ways to feel happy and relaxed.




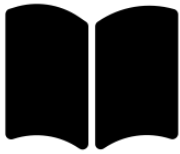
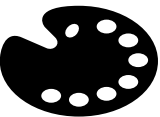












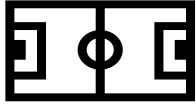
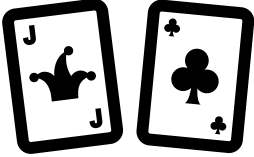















Maybe you have already started to get some ideas about how you can recharge yourself and feel good, even without so much screen time. What are a few things you have begun to consider? Write these ideas down on the lines below.



When you start to really think about it, there are dozens – hundreds – of things to do that have little to do with screens.

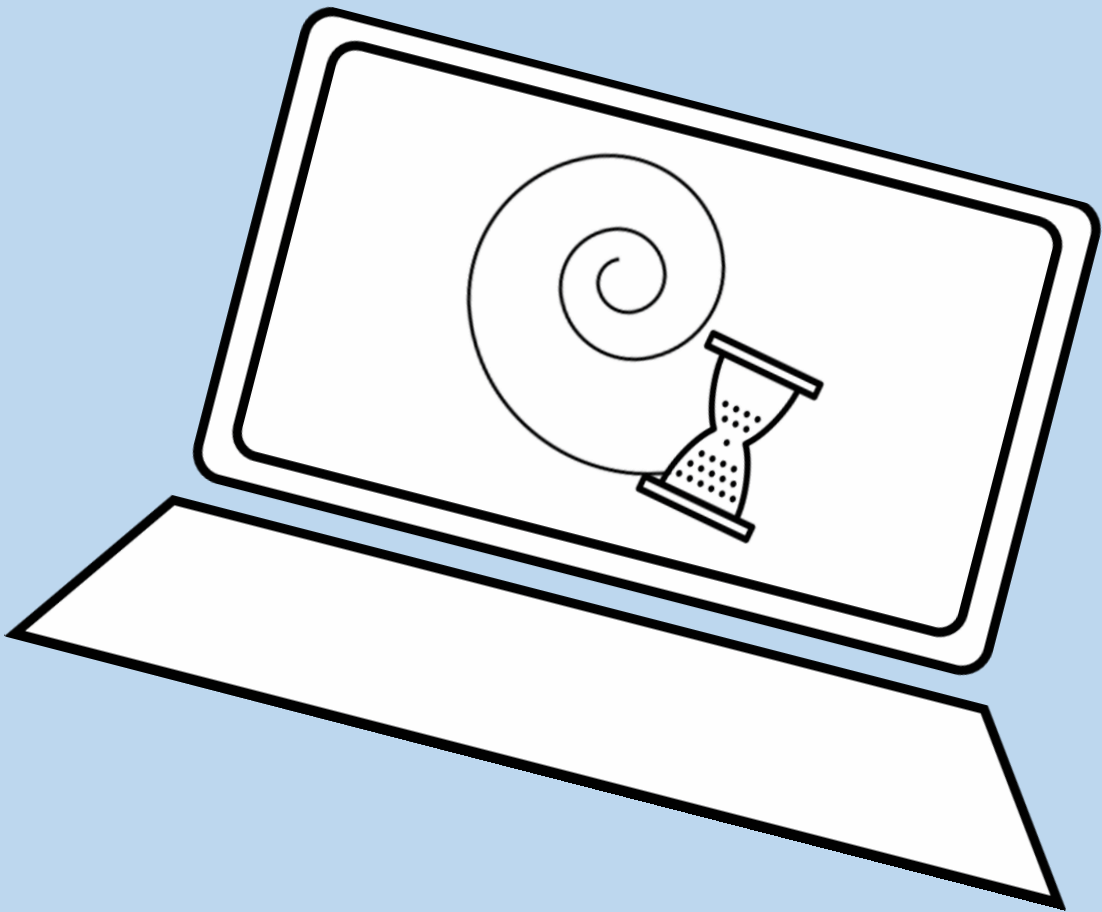
On this page and the next, put checks in the boxes for activities that you could imagine yourself doing more.

TALK TO AN ADULT 	TALK TO A BROTHER OR SISTER 	BUILD SOMETHING 	READ 
DO ART 	PUZZLE OR GAME 	LISTEN TO MUSIC 	PLAY AN INSTRUMENT 
SING 	DANCE 	HELP SOMEONE IN YOUR HOME 	DO A CHORE 

DO NOTHING AND JUST THINK 	PLAY WITH A PET 	MAKE PLANS WITH SOMEONE 	BOARD GAME 
CARD GAME 	COOK 	ACTION FIGURES 	PRETEND 
TOYS 	FIX SOMETHING 	COLLECT SOMETHING 	WRITE A STORY OR A JOURNAL 
WALK 	RUN 	BICYCLE 	SWIM 
BALL SPORT 	OTHER SPORT 	YOUTH CLUB 	WHAT ELSE? 

Chapter 8:

Planning a different kind of future with screens



Packing for a future with fewer screens.

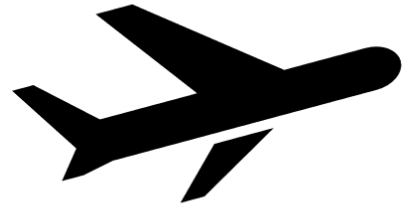
Planning for a future with reduced screens is something like packing for an airplane trip. When you pack for a trip, there are some things that you can take along with you in your luggage and other things you have to leave behind.



Imagine that on this trip you have to cut down your screen activities by half. Inside the suitcase below, write down what screen activities you will take with you. Then, on the next page, write down what things you would leave behind.

A large, simple outline of a suitcase with a handle on top. A tag is attached to the right side of the suitcase, with the word 'FUTURE' written on it. Inside the main body of the suitcase, there are five horizontal dashed lines, providing space for writing.

Imaginary trip to
the future with
fewer screens.

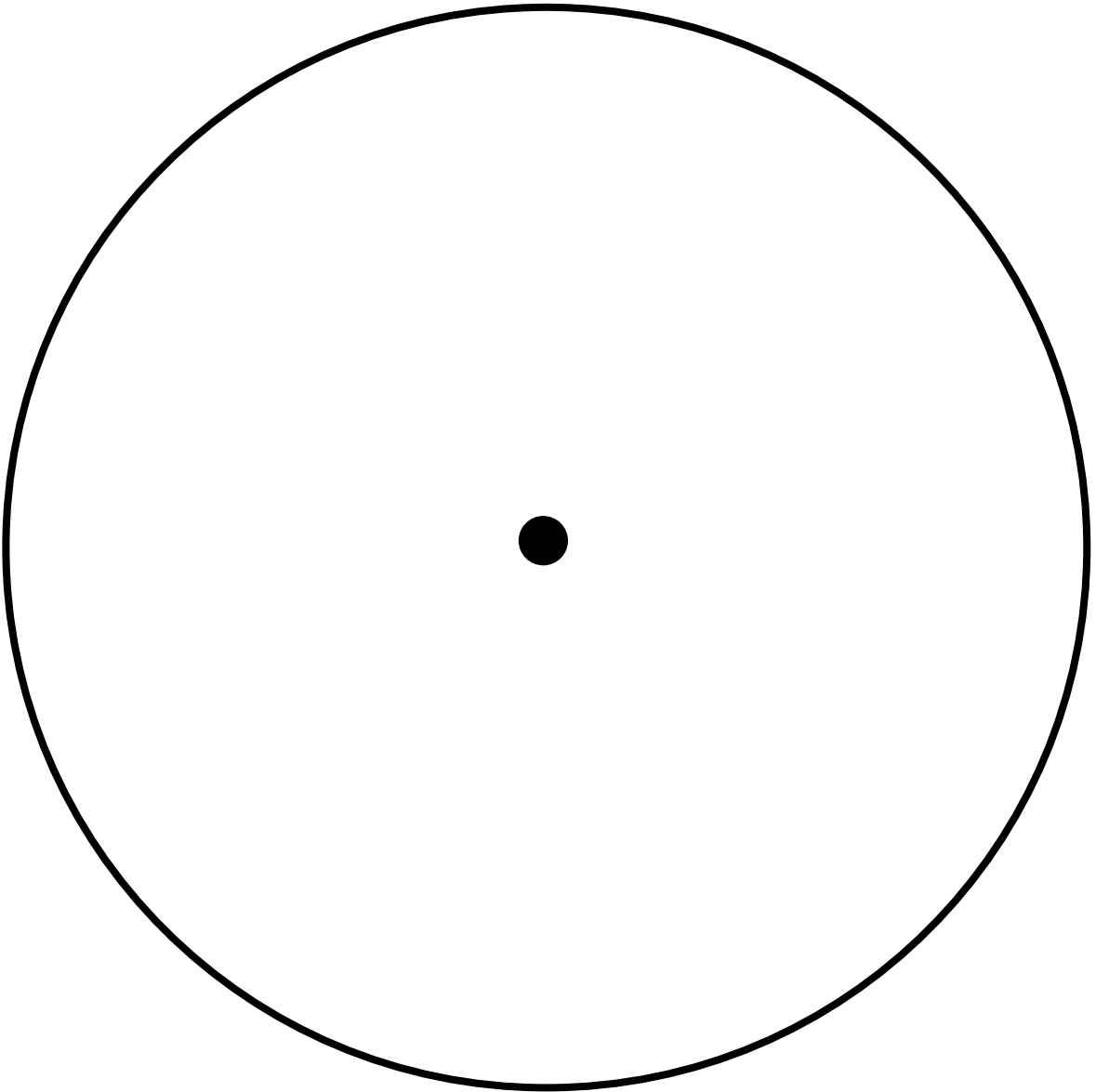


Imagine that this is a shelf where you
have left some screen activities that you
would *not* take on your trip to
the future.



In the future you have imagined, how did you decide what to leave behind, and what to bring along?

Now, create a new time circle picture, showing this future you have imagined in which screen activities take up less of your time.



On the next two pages, write out a schedule of what these two days might be like, on a school day and a Saturday.






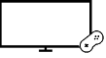




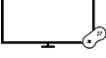
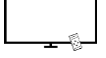



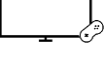
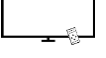



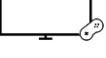
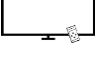



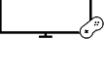
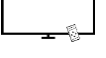



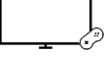





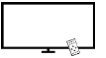



Screen Time Measuring Worksheet: **School Day**

Complete both worksheets and then discuss them with the adult who is helping you.

A future day with less screen time

circle what you were doing

brief description




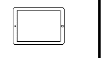




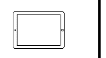

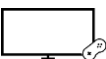


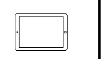


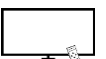
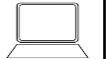





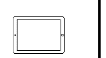

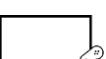







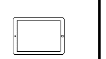




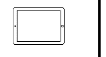

7-9 am						NO SCREEN	
9-11 am						NO SCREEN	
11-1 pm						NO SCREEN	
1-3 pm						NO SCREEN	
3-6 pm						NO SCREEN	
6-9 pm						NO SCREEN	
9-11 pm						NO SCREEN	
11 pm and later						NO SCREEN	

Screen Time Measuring Worksheet:

What you might do on a day in the future with less screen time – **Saturday or a summer day.**

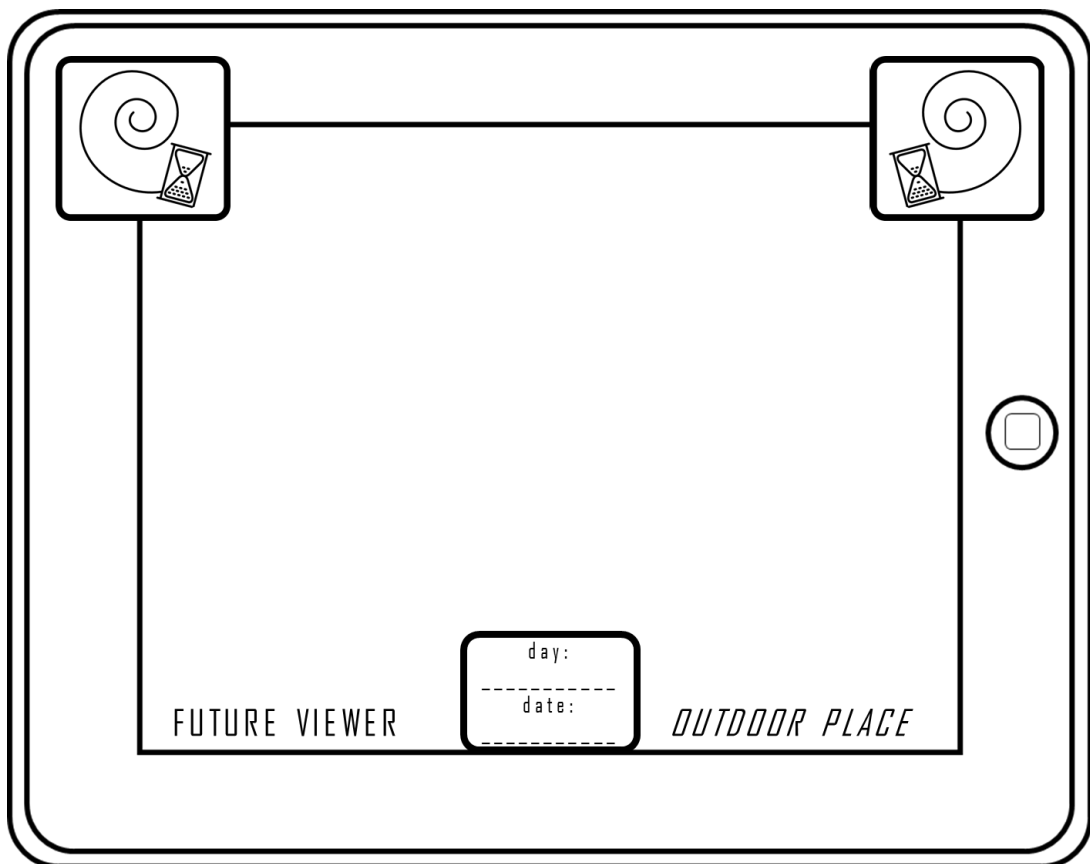
circle what you were doing

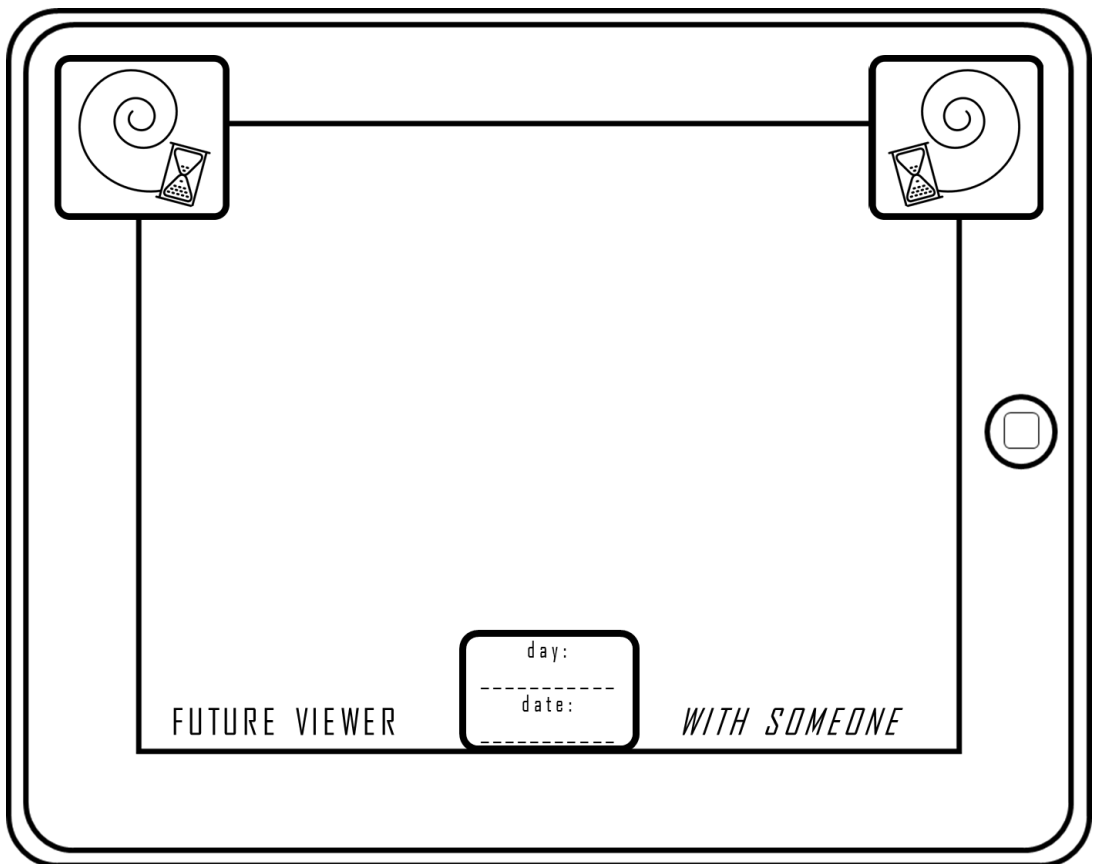
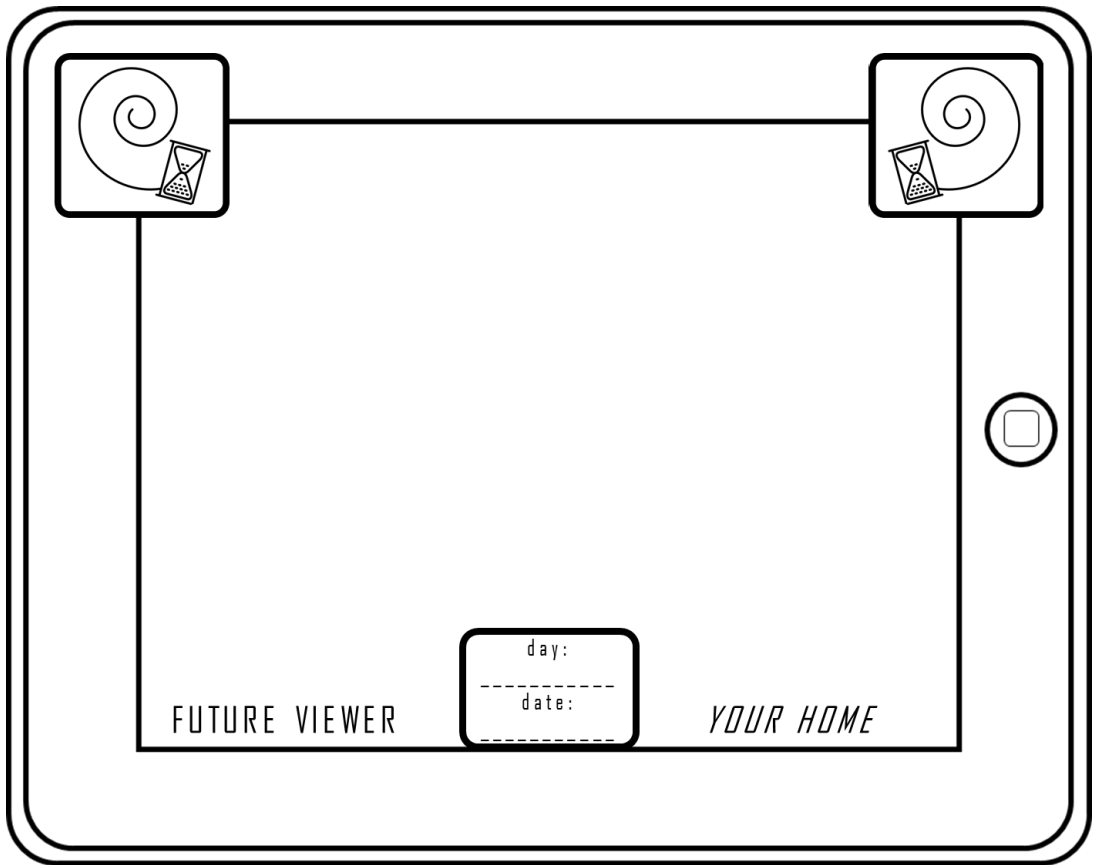
brief description

7-9 am						NO SCREEN	
9-11 am						NO SCREEN	
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1-3 pm						NO SCREEN	
3-6 pm						NO SCREEN	
6-9 pm						NO SCREEN	
9-11 pm						NO SCREEN	
11 pm and later						NO SCREEN	

Now that you have begun to explore some ways to stay busy and happy without as much screen time, try planning some days in the future in more detail.

Suppose there was a Future Viewer that allowed you to see a day in the future in which screen activities are still there but less important. On this page and the next page, draw or write what might happen on that day, in different situations.



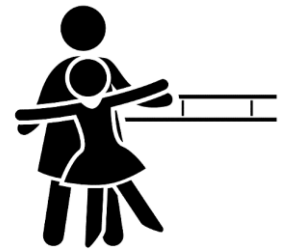




We all love screens.
We will still love
them in the future.



People who find even
more things to love
have much
happier lives.



You will too.

