

Media Rules

From Challenge Success in Partnership with Stanford School of Education

<http://www.challengesuccess.org/about/mission-vision/>

1. **Restrict the use of devices in the car.** Car rides offer a great opportunity for conversation with our children. When parents talk on the phone while driving with kids, we inadvertently tell them that a conversation with the person on the other end of the phone is more important than an in-person discussion with them.
2. **Prohibit devices at the dinner table;** this is sacred family time which should be preserved.
3. **Talk with your children about appropriate online conduct.** Many adults are naive about their children's exposure to harmful online behavior. Even if your own children's usage is benign, it's likely that they have observed poor behavior by others.
4. **Don't text your kids during the day at school; it's distracting.** It makes children anxious when parents innocently text, "How'd you do on the test, honey?" This takes away their independence and the parent-child separation they deserve during school time.
5. **Avoid reaching for your phone first thing in the morning.** What you see in your inbox instantly frames your day and doesn't allow you the opportunity to create your own agenda — it immediately places you in a reactive mode.
6. **Have your kids disengage from technology at least 30 minutes, preferably an hour, before bed.** The blue light that devices emit stimulates the retina and decreases the brain's production of melatonin, which makes falling asleep more difficult.
7. **Set a time in the evening by which all devices are out of the bedroom.** Not only will your teenagers get more sleep, but this "curfew" will help support time management skills.
8. **Teenagers (and adults) should not use their phones as alarm clocks.** If a phone is by their bedside, they will be tempted to respond to texts and social media, which will delay or interrupt sleep.
9. **Through middle school, look through your children's texts and let them know you're doing it.** Don't view this as policing, but rather trying to give them perspective that their online activity is never truly private.
10. **Be curious; don't stick your head in the sand out of fear of finding out what your kids are doing online.** Display interest and create a dialogue — they are often doing something productive and would value your genuine interest and support.