



Good habits today,
a better future tomorrow!



SCREEN TIME RULES



Screens can be fun and helpful when used the right way.
Follow these rules to keep a healthy balance!

1



SET A TIME LIMIT

Decide how much screen time is right for you and stick to it every day.



2



USE SCREENS WITH PURPOSE

Use screens for learning, creativity, and important tasks — not just for entertainment.



3



NO SCREENS DURING MEALS

Enjoy real conversations and focus on your food. No phones, tablets, or TVs.



4



NO SCREENS BEFORE BED

Turn off screens at least 1 hour before sleep to rest your eyes and get better sleep.



5



TAKE REGULAR BREAKS

Take a 5–10 minute break every hour. Stretch, relax your eyes, and move around.



6



BE ACTIVE EVERY DAY

Spend time outside, play sports, exercise, and enjoy non-screen activities.



7



PRIORITIZE REAL RELATIONSHIPS

Spend quality time with family and friends. Real connections matter most!



8



PROTECT YOUR EYES

Keep the right distance, use good lighting, and follow the 20–20–20 rule: Every 20 minutes, look 20 feet away for 20 seconds.



9



STAY SAFE ONLINE

Never share personal information. Be kind, respectful, and report anything that makes you uncomfortable.



10



BE CONSISTENT

Follow your rules every day. Good habits grow stronger with consistency!



REMEMBER



- ✓ Screens are tools, not babysitters.
- ✓ Balance is the key.
- ✓ You are in control!



BENEFITS OF FOLLOWING THESE RULES

- ★ Better sleep
- ★ More focus and productivity
- ★ Stronger relationships
- ★ Improved mood and health



BALANCE YOUR SCREEN TIME. ENJOY REAL LIFE.

