

SCREEN TIME TALKS



The Screen Time Toolkit

*Everyone's naming the problem.
This is what actually helps.*

A practical guide for parents, educators, and healthcare providers — built to help kids have a healthier relationship with screens.

This Is Ours to Fix

Every parent's worry looks a little different. This guide meets you wherever yours starts.

If you're reading this, you already sense something's off. Screens are part of childhood now. They affect how kids see, sleep, think and connect, and how they are used matters as much as how long.

Here's the principle underneath everything in this guide: screens aren't going away, so the goal is to manage them well. Time online is worth protecting when it replaces sleep, daylight, a real conversation or a real friend, and worth encouraging when it helps a child create, connect and learn.

Managing screen time isn't a single solution. It's seven smaller ones, each easier to actually stick to than one big rule.

- **The Research** what the evidence says, and where it calls for care — pages 3–4
- **How You Engage** 20-20-20, screen distance, and posture — pages 5–7
- **When** devices off at least 30 minutes before bed, every night — page 5
- **How Long** age-based guidance, in context, not just a number — page 5
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- **Who With** co-engaged, not just monitored from a distance — page 13
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What the Research Actually Says

Screens are part of childhood now, and they aren't going away. The research is more useful than the headlines: it points to how screens are used, not only how long.

Where the evidence is encouraging

Use matters

A study that followed 260 Finnish children for eight years found more screen time from childhood was associated with better cognitive processing in adolescence. The researchers suggest the type of activity (educational, creative or problem-solving) may matter more than the amount.

Pediatricians have shifted

In 2026 the American Academy of Pediatrics replaced its fixed time limit with guidance built around content quality, a family media plan and device-free meals. It also advises asking why a child reaches for a screen, such as boredom or loneliness.

Where the evidence calls for care

Eyes

A pooled analysis of 45 studies and more than 335,000 children linked each added daily hour of screen time to 21% higher odds of nearsightedness (myopia). The rise is small at one hour and close to double at four.

Sleep

Late-night screen use can disrupt sleep, and poor sleep affects memory, mood and learning. Devices off at least 30 minutes before bed, every night.

Youngest children

No screen use under 18 months other than video chatting with family. From 18 months to 5 years, less than an hour a day of high-quality content.

Heavy use

Four or more hours a day is linked to higher rates of anxiety, depression and behavior problems. Part of that link is what heavy use pushes out: activity and sleep.

What the research can't tell us

Most of these findings are associations, not proof of cause. A large U.S. study of more than 50,000 children found roughly half of the link between heavy screen time and poorer outcomes is explained by what it displaces: physical activity and consistent sleep.

Manage the use, the setting and the time of day — not only the clock.

Sources: Jyväskylä PANIC study, Pediatric Exercise Science (2026); American Academy of Pediatrics, Digital Ecosystems, Children, and Adolescents (2026); Ha et al., JAMA Network Open (2025); U.S. Surgeon General's advisory (May 2026). Findings are associations from observational studies.

Match the Use to the Child

Four kinds of screen time look alike on a clock and very different in a day. Knowing which one a child is in is the first step to managing it.

Kind of use	Examples	What to look for
Create	Making video, music, art or code	Is the child making something, or only watching how it's made?
Connect	Video calls with family, messages with real friends	Is it adding to real relationships or replacing them?
Learn	Schoolwork, tutorials, STEM tools	Is it building a skill? Does it stop when the work stops?
Passive	Scrolling, autoplay, endless feeds	Who decides when it ends: the child, the parent, or the app?

Three questions for any screen activity

ASK

What is it doing for them?

Learning, laughing, connecting, or just filling time?

ASK

What is it replacing?

Sleep, daylight, conversation, a friend?

ASK

Can they stop?

Stopping when asked, or a fight every time?

The body doesn't care what's on the screen. Distance, daylight and sleep matter for homework just as much as for games.

The same habits apply to every kind of use. See page 6.

Try this week

Pick one screen activity your child does often. Sit with them for ten minutes and ask the three questions together. Children who help set the rules are more likely to follow them, and the answers show where a rule is needed and where one isn't.

Sources: Jyväskylä PANIC study, Pediatric Exercise Science (2026); American Academy of Pediatrics, Digital Ecosystems, Children, and Adolescents (2026).

The Action Plan

Two habits, or the full plan — either way, start here, not with the statistics.

If You Do Nothing Else, Do These Two

FOR YOUR EYES

20-20-20

Every 20 minutes of screen time, take a 20-second break and look at something 20 feet away.

FOR YOUR HEALTH

Devices Off

At least 30 minutes before bed, every night.

Two daily habits. If that's all that sticks, you've made progress.

The 5 Ds of Healthy Screen Use

The Surgeon General's advisory organizes its core family guidance around five actions:

- 1 Discuss**
Talk openly with household members about what they do online and how it makes them feel.
- 2 Do**
Model the healthy, balanced screen behavior you want to see.
- 3 Delay**
Put off introducing screen devices and social media from the earliest age as long as possible.
- 4 Divert**
Shift attention toward physical activities. Chores, homework, and sports come before screen time.
- 5 Disconnect**
Build screen-free times every day, such as during family meals, and keep devices out of bedrooms overnight.

Age-Based Guidance

Age	Guidance
Under 18 months	No screen use, other than video chatting with family
18 months – 5 years	Less than 1 hour per day of high-quality content
6 – 18 years	The traditional benchmark was about 2 hours of recreational time. The Surgeon General's advisory and the American Academy of Pediatrics' 2026 update both favor a Family Media Plan built around content quality and context over a fixed number.

How Long Are Families Actually Waiting?

COPPA sets 13 as the legal floor for platforms to collect a child's data without consent — the closest thing to an actual legal age for social media. Yet nearly 40% of children ages 8–12 already use social media despite it, and by 13–17, it's nearly universal.

Protecting Their Eyes: What Actually Helps

1 in 3 children now have myopia. By 2050, it's trending toward 1 in 2 — and once it's acquired, it's permanent.

How They Engage: Screen Distance & Posture

Hold screens at eye level and roughly an arm's length away — close, downward viewing is exactly the near-work pattern linked to myopia progression. Working distances under about 8 inches (20 cm) and more than about 45 minutes of continuous near work have both been associated with myopia, and a TV viewed from across the room is easier on young eyes than a phone held close.

Build in posture breaks: hunching toward a screen strains the neck as much as the eyes ("text neck") — the 20-20-20 break (page 5) doubles as a posture break too.

Get Outside

It's the light, not the exercise, that protects growing eyes from myopia — extended time outdoors, like a lengthy afternoon at the park or a full day at the beach, is one of the most consistent protective factors found in research. Experts recommend 1 to 2 hours outdoors a day (National Academies, 2024). It protects against myopia starting; the evidence is mixed on whether it slows myopia that has already developed.

Aim for time outdoors most days, not just organized outdoor sports — even unstructured time in a yard or park counts, as long as it adds up to real, sustained daylight. In a July 2026 parent survey, only 40% said their child gets more than an hour outdoors in daylight.

Recess is cool again — a reverse trend is underway, with at least 13 states now adding unstructured-play requirements back into the school day. If your child's school already builds this in, that's a protective factor already working in your favor.

Protect Their Eyes While Outside

Those same extended outdoor activities also mean more UV exposure — kids get roughly 3x what adults do, since they spend more time outdoors and their eyes let in more light.

UV400-rated sunglasses and a wide-brim hat are simple, low-cost habits to build alongside the sunscreen routine most families already have.

Eat for Their Eyes

Lutein and zeaxanthin — found in leafy greens, corn, and eggs — help filter blue light and are linked to a 40% lower myopia risk in one study. Only 12% of U.S. kids eat enough vegetables, which makes this one of the more overlooked, actionable levers available.

Know the Signs

Blurry distance vision, squinting, and frequent headaches are signs worth an eye exam, and many parents don't recognize them. Nearsightedness can be managed, so ask an eye doctor what fits the child.

Desk Setup Checklist for Healthy Eyes

Every school year brings more hours at a desk, in front of a screen. This checklist is in step with the guidance you'll hear from pediatric eye care organizations like AAPOS (American Association for Pediatric Ophthalmology and Strabismus) – five adjustments that take minutes to make and pay off all year.

1 Screen Distance: Keep Your Distance

Position screens at arm's length, roughly 18–24 inches away. Too close forces the eyes to work harder to focus; too far encourages leaning in and squinting.

2 Lighting and Glare: Match the Room

Match screen brightness to the room, and angle the screen away from windows and overhead lights. A bright screen in a dark room – or a dim one in bright light – is one of the fastest ways to tire young eyes.

3 Monitor Height: Look Down, Not Up

The top of the screen should sit at or slightly below eye level, so the eyes look slightly downward, not up or straight across. Looking up dries out the eyes faster and strains the neck.

4 Posture: The 90-Degree Set-Up

Feet flat on the floor, knees and hips at roughly 90 degrees, elbows at roughly 90 degrees at the keyboard. Good posture keeps screen distance consistent instead of drifting closer as the day goes on.

5 Visual Breaks: Build in the 20-20-20 Rule

Every 20 minutes, a 20-second break, looking at something 20 feet away – this guide's own starting point (page 5), worth building into the desk setup itself, not just remembering to do.

Pair this with the habits on page 6: protecting their eyes isn't just about what's happening on the screen – it's about the five minutes it takes to set up the desk around it.

The Surgeon General's Warning

On May 20, 2026, the U.S. Department of Health and Human Services' Office of the Surgeon General released the “Warning on the Harms of Screen Use: An Advisory and Toolkit on How to Protect Children and Adolescents” — pairing a public health warning with its own practical toolkit.

National estimates show adolescents now average seven to nine hours a day on entertainment screens — more than they spend sleeping or attending school. The advisory names this a public health concern: linked to anxiety, depression, poor sleep, and developmental issues.

This is the moment True Focus Initiative treats as its own starting point — a federal public health body naming this as a structural issue, not a personal parenting failure.

Warning Signs Worth Knowing

- Irritability when devices are taken away
- Secrecy about online behavior
- Withdrawal from offline activities
- Repeated attempts to cut back that don't stick



Understanding the Risks of Screen Time

Physical Health

Eye strain and increased myopia risk during developmental years

Higher obesity rates from displaced physical activity

Sleep Disruption

Melatonin suppression from blue light, worse the closer to bedtime

Poor sleep quality inhibits brain recovery, memory formation, and healthy neurodevelopment

Social & Emotional Wellbeing

4+ hrs/day linked to meaningfully higher risk of anxiety, depression, behavior problems, and ADHD

Impact isn't uniform: hits girls hardest around ages 11–13, boys around 14–15

Cognitive & Linguistic Development

Delayed language development from reduced caregiver-child interaction

Reduced focus and executive functioning; a measurable dip in reading/math per added hour

A note on that stat: it's an association, not a straight line of cause and effect. The largest study behind it (50,000+ US children) found that roughly half the link is explained by what heavy screen time displaces — physical activity and consistent sleep — not by screens themselves. Same pattern as the vision risk above: rarely one thing, always several factors compounding.

A Sept. 2026 review of 2.8M children in 64 countries found the same shape — screen use's link to wellbeing was “similar in magnitude to” poverty and preterm birth.

The research also runs the other way. A Finnish study that followed 260 children for eight years found more screen time from childhood was associated with better cognitive processing in adolescence. The researchers suggest the type of use matters more than the amount.



Understanding the Risks of Content

- **Inappropriate content:** recommendation algorithms sometimes surface content that wasn't meant for a young audience
- **Cyberbullying or harassment:** from other kids, or adults posing as kids
- **Anonymous messaging and predators:** apps allowing anonymous messaging are a common vector for grooming

Stay Informed — Questions Worth Asking

- What are your favorite apps? Why do you like them? Who is on them?
- Have you met new people online who've become friends? How did you meet?
- Has anyone you've talked to online asked you to do something that made you feel uncomfortable?
- If something happened online that scared or worried you, what would you do?

If sextortion happens: predators — sometimes posing as peers — coerce minors into sharing explicit images, then demand money or more images. Don't engage further, save evidence, and report to NCMEC's CyberTipline (CyberTipline.org) or local law enforcement immediately.

WHAT HELPS

- ✓ Turn on privacy and DM-restriction settings together — most platforms default to more open than parents expect
- ✓ Ask the questions above regularly, not once — this is an ongoing conversation, not a single talk
- ✓ Agree on a no-blame rule: if anything online feels off, they come to you first, with no phone taken away for telling the truth

AI Is a Tool, Not a Person

The deepest risk isn't that a child talks to a chatbot — it's what talking to a chatbot replaces: a real friend, practice being imperfect with someone and being loved anyway.

Roughly 20% of adolescents are already using a chatbot as a companion or for guidance. AI remembers everything you tell it — treat it like a tool, not a confidant.

Why It's Different From a Character in a Book

A chatbot companion is designed to maximize engagement — the character in a book isn't trying to extract money or data from you. Prolonged reliance can deepen disconnection rather than ease it.

What to Watch For

- **Loneliness and emotional isolation:** substituting AI companionship for real human connection — this is the risk that matters most, not a footnote among the others
- **Atrophied thinking:** offloading basic thinking and writing to AI can stunt a child's ability to parse truth from fiction
- **Loss of creativity:** bypassing productive creative struggle removes a key part of cognitive growth
- **Targeted grooming and deepfakes:** predators can use AI to tailor manipulation, or generate harmful fake imagery
- **Unqualified mental health advice:** AI chatbots are not trained clinicians and have been documented giving harmful advice

What AI is actually good for: better note-taking and studying, boosted engagement with material a student was otherwise checked out on, and legitimate homework support — when the goal is understanding, not just an answer. The line isn't the tool, it's whether a child is directing the AI, or the AI is directing the child.

WHAT HELPS

- ✓ Use parental control tools that restrict AI access where available
- ✓ Talk with kids explicitly about AI safety, the same way you'd talk about stranger safety
- ✓ Use AI constructively in schoolwork without letting it replace critical thinking — or a real conversation

Understanding the Financial Risks

Distinct from the mind/body risks and the content risks already covered — though it shares the same root cause: apps that collect a child's data and store payment information make both easier.

The Risk You Can See: Unauthorized Spending

- 59% of parents have given a child access to a credit or debit card; 31% say they regret it
- 22% of parents have caught a child making secret purchases — averaging over \$620 in unnoticed charges
- Unauthorized card use is the #1 flashpoint in parent-child money arguments
- The FTC required Apple to refund a minimum of \$32.5M (2014) and Amazon up to \$70M (2017) — specifically because in-app purchase flows made it too easy for kids to spend real money without realizing it

The Risk You Can't See: Child Identity Theft

- 25% of minors will have their identity stolen or defrauded before they turn 18 (Experian)
- Children are 35–51x more likely to be targeted than adults — a clean Social Security number with no credit history is more valuable to a fraudster, and almost nobody checks a child's credit report
- Average affected family: out more than \$1,100, often undetected for years — some don't find out until their first apartment or auto loan application

WHAT HELPS

- ✓ Use a kid-specific debit card with spending alerts and parent approval (Greenlight, GoHenry, Apple Cash Family) instead of a shared card or saved payment method
- ✓ Turn off saved payment info and require a password or Face ID for every purchase on shared or kids' devices
- ✓ Freeze your child's credit file with all three bureaus — it's free, and there's no reason for it to be open until they're applying for credit themselves
- ✓ Check periodically for unauthorized use of your child's Social Security number, especially around milestones like a first job or apartment application

Your Practical Toolbox

Kids don't remember a great day on their screens. They remember a game, a day fishing, a craft they made. The habits below aren't about eliminating screens — they're about making room for the days that get remembered.

Co-Engage, Don't Just Police

Watch, play, and ask questions about what kids are seeing, rather than only monitoring from a distance — co-engagement is protective in a way pure restriction isn't.

Model the behavior you want to see: this is the “Do” habit from the 5 Ds, and it's the fastest way to make family guidelines feel fair instead of one-sided.

Move Your Body Too

- A 2023 Columbia University study (Keith Diaz, PhD) found 5 minutes of light walking every 30 minutes was the only routine that significantly lowered both blood sugar and blood pressure versus sitting all day
- Meeting general activity guidelines (150+ min/week) is widely linked to a meaningfully lower risk of early death

Change Your Phone's Environment

- Turn the screen to grayscale — removes the visual appeal of apps, makes doomscrolling less stimulating
- Disable non-essential notifications — keep only direct messaging and utility apps active
- Use built-in limits (Screen Time on iOS, Digital Wellbeing on Android) on the biggest time-sinks

Establish Boundaries & Alternatives

- Power down at least 30 minutes before bed; keep devices out of the bedroom overnight
- Replace the phone with a traditional alarm clock
- Create “no-screen” zones at the dining table
- Keep a compelling replacement within reach — a book, journal, or hobby
- Try audio over video: turn a call or podcast into a walk

Your Digital Story

Public figures are called out every week for posts from years earlier. For a kid, the stakes are just as real — a college application or a first job, not a headline. College admissions officers checking applicants' social media has roughly quadrupled since 2008, and 70% of employers screen candidates' social media too. The age of a post isn't a reliable protection — the content itself is what matters.

The Exercise

Before building a social media profile — yours or a child's — write down 5 to 10 things that are true about you regardless of the platform, the follower count, or the day. Not a job title. The things that would still be true if the internet disappeared tomorrow.

That list becomes the filter — for what gets posted, followed, and liked — instead of the other way around. A standing question to carry into the moment: does this match your list?

Three Ways to Use It

- As a parent, for yourself first — modeling this is the “Do” habit from the 5 Ds
- With an older child or teen, as a shared exercise — ties to “Discuss”
- As a ritual before a younger child's first account — build the list together before the profile exists, and agree on the standing question going forward

A Few Other Threads

- It's your profile, not anyone else's — choose subscriptions and social circles as deliberately as you'd choose friends in person
- The face-to-face test: make the same choices online as you would in person — with “like,” “comment,” “follow,” and even “ignore”
- Permanence: posts, comments, and likes can follow you for years — decide that before posting, not after
- Notice the pull toward outrage: divisive, emotional content is amplified because it drives engagement — the same design pattern behind screen time generally, just applied to social and political content specifically

The point of the list isn't really about social media. It's about making sure a child knows what's true about them before anyone — an algorithm, a stranger, a bad day — tries to tell them otherwise. Every child deserves to know they matter.

The Tradeoff Nobody's Naming

If you've read this far, you already care more than most parents do. This isn't a rule — it's a lens.

Critical Thinking

Adults at work now switch screens about every 47 seconds on average, down from about 2.5 minutes in 2004.

Creativity

A 2025 study of kindergartners found more screen time linked to lower creativity scores.

Decision-Making

Leaning on algorithms to decide what's next can wear down a person's own decision-making over time.

Real vs. Fake

Constant switching leaves less room for scrutiny — exactly where misinformation spreads best.

None of this is against screens. The difference isn't the device — it's the format.



Screen-switching figure: Gloria Mark and colleagues, studies of adult office workers (2004–2023). It measures how often people switch screens, not attention capacity.

A Layered Approach to Screen Safety

Take Control.

Most parents don't know how much control they already have. Your home internet provider, your child's device manufacturer, their cell carrier, and many of the apps they use every day already have tools built in for exactly this – most families have just never been told they're there.

Two layers, in the order they're worth tackling:

- **Your Home Internet:** the shared pipe covering every device in the house, whether it's a phone or not – page 17.
- **Your Devices & Apps:** the phone itself, the cellular connection that follows it anywhere, and what runs on it – page 18.

Controls set the default, so good habits don't depend on willpower at the end of a long day.



Managing Your Home Internet

Tied to the house, not the child — covers every device on the home network, including consoles, TVs, and tablets that don't have their own phone line.

Provider	App	What It Covers
Spectrum ↗	My Spectrum App	pause WiFi per device and set schedules; Security Suite adds browsing protection.
AT&T ↗	Smart Home Manager	same app for AT&T Fiber or Internet Air (their fixed wireless); separate from Secure Family. Profiles, schedules, content filters, pause WiFi.
Verizon ↗	Verizon Home	covers Fios, 5G Home, and LTE Home the same way; separate from Verizon Family (mobile, next page). Content filters, SafeSearch, YouTube Restricted Mode, scheduled downtime.
Comcast / Xfinity ↗	Family Settings	pause WiFi per device, or set a named schedule (bedtime, homework, dinner, and more) that pauses automatically. Comcast's own data found "pause device" is the most-used feature, most often triggered right at dinnertime — the same no-screens-at-the-table habit from page 13.
T-Mobile Home Internet ↗	(gateway app)	if this is your home internet, not just your phone plan — offers only basic pause-and-schedule controls, lighter than the paid FamilyMode most people associate with T-Mobile.
Frontier ↗	Secure by Frontier	parental controls bundled into their security add-on; Fiber customers with the included eero router can also use eero Secure.
Astound ↗	eero app (Whole Home WiFi)	profiles with scheduled pauses, plus pause for any single device. eero Plus (\$9.99/mo extra) adds finer site, app and content controls. Whole Home WiFi is included with 1 Gig and faster plans.
Surf Internet ↗	eero app	Surf installs eero WiFi; parental controls live in the eero app — profiles, schedules and pausing. Using your own router? Surf supports eero Pro, Google WiFi and Orbi.
NITCO ↗	WiFi+ (HomePass app)	\$12.95/mo add-on: a profile for each family member, access and usage limits, and a content manager that blocks unwanted sites and ads.

Availability varies by address. Many regional providers supply an eero router or their own app — look for "parental controls" or "WiFi management" on your provider's support site.

Managing Your Devices & Apps

Your Devices

ON THE DEVICE ITSELF — THE HARDEST LAYER TO BYPASS

Maker	App	What It Covers
Apple ↗	Screen Time	built into iOS — hardest for kids to bypass on an iPhone or iPad.
Google ↗	Family Link	the cross-device equivalent for Android — works on Samsung, Pixel, and other Android phones and tablets.
Samsung ↗	Samsung Kids	a more restrictive layer on top of Android for younger children — a locked-down space with only parent-approved apps, best for kids under 7.
Motorola ↗	Family Space	turns a parent's own phone into a temporary walled garden of approved apps before handing it over — not just a child's own device. Also includes Family Hub for screen time and location across up to 5 family members.

ON THE CELLULAR CONNECTION — FOLLOWS THE DEVICE ANYWHERE

Carrier	App	What It Covers
Verizon ↗	Verizon Family	(recently renamed from Verizon Smart Family) location, content filters, internet pause.
T-Mobile ↗	FamilyMode	usage, location, and content filtering across a child's devices (fees may apply — \$10/mo).
AT&T ↗	Secure Family	similar controls; works across carriers, not just AT&T.

If your plan is a reseller (Mint, Spectrum Mobile, and others): these apps require being a direct customer of that carrier brand, not just using their network. Mint (on T-Mobile's towers) and Spectrum Mobile (on Verizon's) don't automatically get the host's app. Spectrum Mobile has its own separate controls; Mint's "kids" plan has none and just points to Google Family Link. Check your specific provider, not the network it runs on.

Your Apps

Built into TikTok, Instagram, Snapchat, and others — useful as a backup, not a foundation. These safety features fail at least half the time. Full breakdown on the next page.

Platforms pushing your family around? Push back — every layer here is already in your hands, the same guardrails Meta was just forced to add by court order.

Parental Controls & App Risk

A June 2026 study by the Cybersafety Research Center (NYU and Northeastern University) tested 86 advertised child-safety features across Instagram, Snapchat, TikTok, and YouTube. Every platform failed at least half the time:



Platform	Risk	Available Controls
YouTube ↗	Algorithm can escalate toward harmful content	Family Link — content restrictions, watch history, screen time limits
TikTok ↗	Personal data collection, escalating algorithm	Family Pairing (strongest available) — limits, DM restrictions, Restricted Mode
Instagram ↗	Encourages sharing personal info; algorithm can push harmful content	Teen Accounts (default under 18) — private by default, DM restrictions, Family Center
Snapchat ↗	Disappearing content is a common vector for cyberbullying/sexting	Family Center — friend lists, time breakdowns; can't see message content
Discord ↗	Per-channel rules vary; some allow cybercrime/adult content	Family Center shows who a teen talks to; can't see message/call content
Roblox	User-generated games may be inappropriate; allows DMs with strangers	Limited platform-wide parental tools; varies by experience
WhatsApp	Scams, malware, cyberbullying common	Very limited — parent-managed only for new under-13 accounts
WeChat / Kik / Whisper	Anonymity and location features raise grooming/stranger-contact risk	Minimal to none
X (Twitter) / Reddit	General platform risk	No dedicated parental supervision system

Structural limitation worth naming: nearly every one of these tools requires the teen's active participation, and the teen can typically disable it unilaterally — only a notification is sent back to the parent.

A new layer: Instagram now alerts supervising parents if a teen repeatedly searches suicide or self-harm terms — only for accounts already enrolled in supervision, and without revealing the exact terms. Worth deciding in advance how you'd want to respond if you ever received one.

Whatever mix of controls you choose, write it down. The Find Your Focus exercise (page 14) is also where your family can set its own usage guidelines, together — before you need to enforce them. This is also the last stop before the close: everything up to here has been about understanding and habits — this page, and the one before it, are the technical backstop.

This Is Ours to Fix

Courts, legislators, and medical boards are finally moving — but they were never going to move fast enough to raise the child in front of you today.

That's the work. That's why True Focus Initiative exists — because every child deserves to feel valued, build real trust, and see the ways they already add something the world needs.

Jeff Mortensen — Strategy. Speaking. Advisory.

truefocusinitiative.com