

Ways To Communicate Openly About Device Rules & Usage

INSTEAD OF THIS



TRY THIS



"I need to know what you're doing on your phone at all times"

"I just want to make sure you're safe"

"You're not focused"

"You're spending a lot of time in your room and you seem tired, what's going on?"

"I don't trust what you'll get up to on the internet, that's why I need to be in control of what you can do"

"There are a lot of dangerous sites and people online, and I want to protect you from things that could get you into trouble"

"Give me your phone, I'm confiscating it for a week"

"It will be good for you to have a break from screens for a little while. From now on, we're going to lay down some rules for when you can use your phone"