

# Using Questions to Lead a Screen Time Discussion with your Kids

1) What are your favourite things you like doing when you use your screens?

2) What do you find annoying about how we currently handle screen time at home?

3) How do you see me using my screens?

4) Do you think adults should have screen time rules too?

5) How long do you think you should be allowed to use your screens every day?

6) What about adult screen time? Should it be the same or different to kids screen time rules?

7) How should we let your friends know about screen time rules when they're over?