



Modeling Behavior for healthy technology use

DON'Ts

No screens in the bedroom.

No screens at the dinner table.

No screens before bedtime.

DOs

Be intentional: When you pick up a screen tell yourself what you are doing and when you will be done. Have an exit strategy. Set a timer.

Be accountable: Work with your spouse or a family member to keep track of your use patterns. Apologize when you fail.

Establish a **Morning Prayer routine.**

Make room for silence in your daily commute. Have a strategy for how you will interact with family.

Model **reading/praying before bedtime.**

Go to **Mass and confession.**



Engage Strategically for healthy technology use

Get consensus and support.

Make a list of people who can form a support system.

Begin with prayer.

Use the Our Father, the Prayer for Peace (also known as the St. Francis Prayer), or the suggested prayer below:

Let nothing disturb you.
Let nothing make you afraid.
All things are passing.
God alone never changes.
Patience gains all things.
If you have God you will want for nothing.
God alone suffices.

“Nada te turbe (Let nothing disturb you),” St. Teresa of Ávila

You can also use the space below to create your own prayer:

Use the virtues as your compass.

Wisdom: perceive what’s happening, seek support and knowledge, choose your timing with care.

Justice: act for the good of the other and not just your own motivations.

Courage (Fortitude): be consistent and prepare for struggle.

Self-control (Temperance): remain conscious of your response and discipline your reactions.



Use Sound Tactics for healthy technology use

Get control of the devices in your home.

Make the default position no devices.

Provide alternatives tools as needed.

Use the space below to brainstorm alternate tools that you can use or offer for stimulation or soothing.

Stimulation:

Soothing:

Establish a schedule.

Use the space below to brainstorm a schedule that helps redirect attention away from tech devices on weekdays, and offers a structured calendar for tech use on weekends. Have clear start and end times for tech use when allowed.

Weekday morning activities:

Weekday afternoon activities:

Weekend morning activities:

Tech use? Yes | No Start time: _____ End: _____

Weekend morning activities:

Tech use? Yes | No Start time: _____ End: _____