

# Helping teens thrive *online*



A few everyday habits help your teenager build a healthy, balanced relationship with screens, social media and gaming. Here are the ideas we shared today – keep it handy.

## SIX HABITS THAT HELP

- 1 Model it first.** Teens notice double standards – put your own phone away at meals and in the car.
- 2 Make the plan together.** Agree on screen-free times and limits *with* them, so the rules feel fair and actually stick.
- 3 Protect sleep.** Phones out of the bedroom overnight, screens off an hour before bed. Teens need 8–10 hours.
- 4 Talk about what's real.** Filters and highlight reels are everywhere – remind them most of it is curated, not real life.
- 5 Stay curious, not controlling.** Ask about the games, creators and chats they love; interest beats monitoring.
- 6 Make room for self-care.** Protect what recharges them – sleep, movement, friends in person and time offline. Mind your own wellbeing too.

### Conversation starters

- "What's everyone watching or playing right now?"
- "Has anything online made you feel left out or anxious?"
- "How do you feel after a long scroll – better or worse?"

### Looking after you, too

You can't pour from an empty cup.

- Protect your own downtime and sleep
- Lean on other parents and carers
- Reach out early – for them or for you

## WHERE IT MATTERS MOST FOR TEENS

### Social media

Talk about comparison and FOMO; help them curate a feed that lifts them up.

### Gaming & chat

Know who they play with, and agree on stop-points – especially late at night.

### Sleep & study

Phones charge in the kitchen; screens off an hour before bed.



Looking for support for your teenager or your own wellbeing? Our hive is here to help.

#### CALL

1300 11 4769

#### EMAIL

alliedhealth@hively.com.au

#### WEB

hively.com.au

#### SERVICES

Psychology · Positive Behaviour Support · Support for teens & young people

We acknowledge the Traditional Owners of this land and pay respect to Elders past, present and emerging. We proudly support the LGBTQI+ community and neurodiversity – your authentic self is always welcome here. · Registered NDIS Provider 405 009 0586.

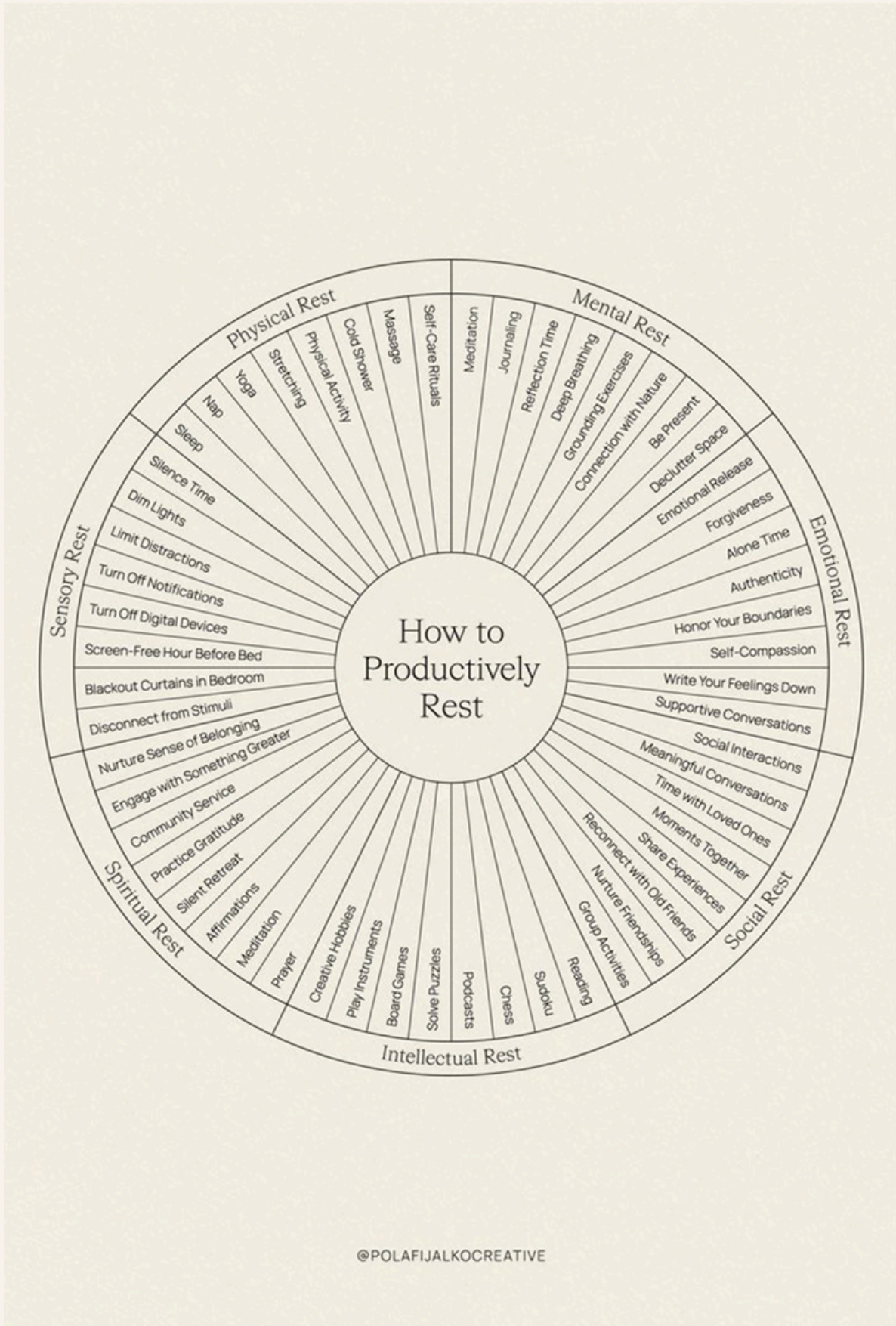


menti.com

or enter code

**5116 3857**

# How to *productively* rest



©POLAFIJKOCREATIVE