

# Tips for Digital Well-Being

## WHAT FAMILIES CAN DO

These simple steps can establish healthy habits and boost your family's digital well-being.



### Create Screen-Free Times and Zones

Help your kids take breaks from their tech by limiting screen time in bedrooms, while studying, or at the dinner table.



### Try Parental Controls

Set content limits that make sense for your family. Check the settings on apps your kids use to keep personal information private.



### Establish Clear Family Rules

Decide together what kind of media and tech is OK — and when it's OK to use it. A family media plan can help get everyone on the same page.



### Practice Digital Citizenship

Talk about what it takes to stay safe and be responsible online, including tackling real-life challenges like privacy and digital drama.



### Watch and Play Together

Choose quality, age-appropriate media to enjoy with your kids. Visit [commonsensemedia.org](https://commonsensemedia.org) to find shows, games, and more.

Learn more about taking charge of your kids' digital health at [commonsense.org/digital-well-being](https://commonsense.org/digital-well-being).

## WHAT TECH COMPANIES CAN DO

Technology has already revolutionized how our kids learn and play. Now, companies have a responsibility to build products with their youngest users in mind.



### Protect Our Data

Companies should always notify users and ask permission before sharing, selling, or using people's personal data.



### Prioritize Parental Controls

Companies should make strong privacy settings the default and make sure family-management tools are easy to find and use.



### Call Out Fake News

We need to know where our news is coming from. Platforms should label non-human accounts (aka bots) and clarify whether content is factual.



### Fund Independent Research

We need more research to inform product design and determine how media and tech use affects children's healthy development.



### Don't Target Kids with Ads

Children's time and attention should never be used for profit.



### Design Humane Products

More moderators, smarter algorithms, and ethical design can help ensure that our kids have access to quality, trustworthy content.

Find out how Common Sense is working with technology leaders and policymakers to support kids' digital well-being at [commonsense.org/truth-about-tech](https://commonsense.org/truth-about-tech).