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 to find shows, games, and more.

Learn more about taking charge of your kids’ digital health at 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.