

# Relational - How Much Time?

This guide provides guiding questions to help you evaluate how much time (if any) you should allow each of your children to spend online. It can be applied to a variety of situations, from something as broad as a set of devices for all children, to a specific app on a specific child's device.

## ☒ Is this system (device, game, app, etc.)...

- ☐ causing them to have extreme negative emotions during or after usage (yelling, crying, anger, etc.)?
- ☐ Leading them to have withdrawal? i.e., are they extremely upset when they have to stop using it, obsessing over it constantly, and/or seem depressed after using it?
- ☐ Causing them to neglect friendships, family time, and/or personal responsibilities like sports, schoolwork, personal hygiene, and chores?
- ☐ Exposing them to risks of cyberbullying, contact with predators, explicit content, sextortion, propaganda, etc.?

There's no one-size fits all solution, but these questions should help you evaluate the risk vs. reward of the device usage. Depending on your evaluation, you can choose a variety of next steps:

- Revoke their access to the system entirely.
- Reduce the amount of time allowed on the system.
- Talk with them about their experiences and risks
- Do more research on the effects of this specific technology
- Nothing (if everything is fine!)