



# SCREEN-DETOX PLANNER FOR YOUR TEEN'S EXAMS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 WEEKS BEFORE THE EXAMS	Start having discussions on reducing screen-time as a family		Discuss putting a Family Media Plan (FMP) in place		Brainstorm screen-free ways to relax as a family		Allow yourself to watch one movie together as a family
3 WEEKS BEFORE THE EXAMS		Make bedrooms a screen-free zone. Ensure you get 7-8 hours of sleep as a family		Model healthy use of technology. Never text while driving		Tell your teen that you'll check their texts and social media pages randomly	
2 WEEKS BEFORE THE EXAMS	Make dinner times screen-free. Talk about your teen's exam preparation and share events from your day		Tell your teen she can check her social media twice a day. Decide on an apt duration		Turn off all gadgets one hour before bedtime		Set specific times to look up something on the internet or text a friend to clarify a doubt
1 WEEKS BEFORE THE EXAMS		Decide screen-time contingent on your teen not freaking out when its time to stop		When you're with your teen & need to check your phone, ask permission		As soon as you come back from work, switch off your phone & keep it away	