

# What makes a media-savvy kid?

## Has a role model

Relies on a grown-up to help create rules and model healthy media habits

## Thinks critically

Stays safe and responsible when finding and sharing info online

## Respects others

Puts devices away during in-person conversations

## Finds balance

Mixes screen-based media with other hobbies, like reading, playing, and being active

## Watches age-appropriate content

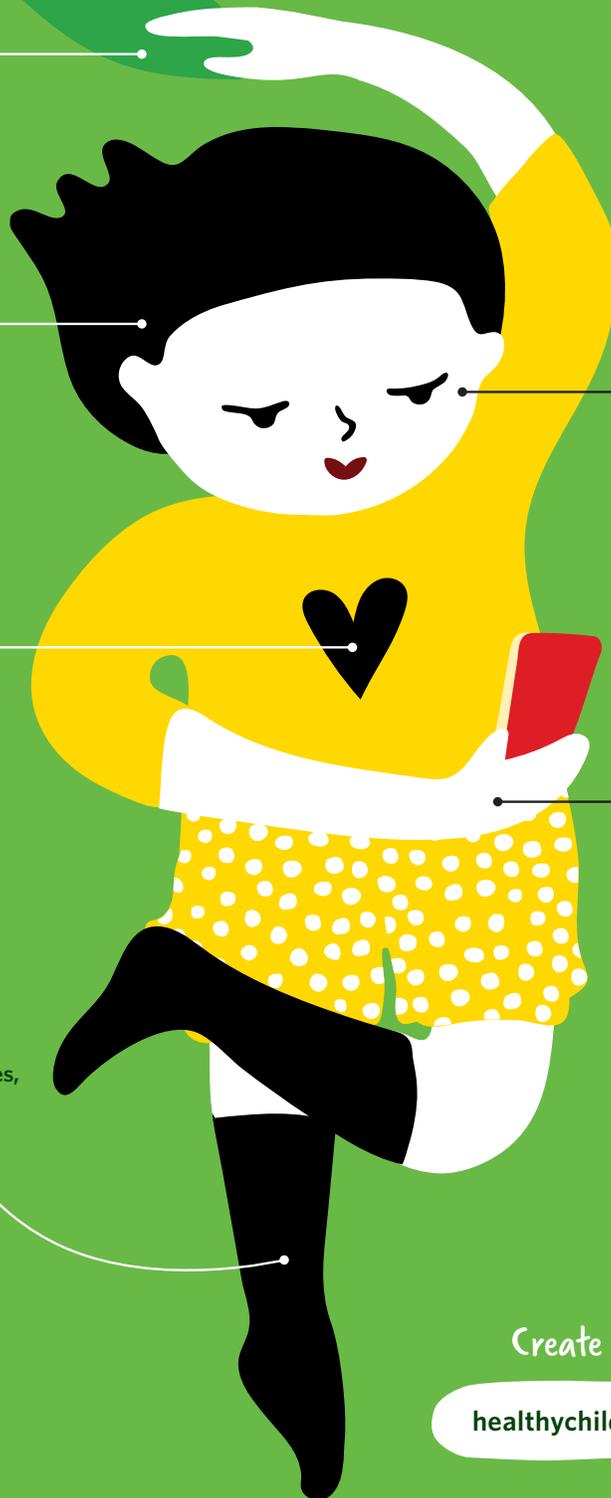
Enjoys high-quality shows and games with learning potential

## Gets plenty of sleep

10-13 hours for ages 3-5  
9-12 hours for ages 6-12  
8-10 hours for ages 13-18

## Follows guidelines

Limits device use during dinner, before bed, or going to and from school



Create a family media plan

[healthychildren.org/mediateuseplan](https://www.healthychildren.org/mediateuseplan)



For helpful tips, visit [commonsense.org](https://www.common sense.org)

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