



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

Technology Screen For Parents

Date: _____

Today's children are exposed to a variety of media technology through use of TV, internet, video games, and cell phones. This exposure could be detrimental to their physical, mental, social and academic performance. Please see www.zonein.ca *Fact Sheet* for additional information.

This screen has been designed to provide information needed to guide you toward managing a balance between healthy activities your child needs to grow and succeed, with use of technology. There are additional grids for other family members. Please note that the majority of technology use is largely unsupervised e.g. bedroom, and therefore total usage is likely significantly under-reported.

Name: _____ Does your child use technology in their bedroom? Yes / No

How much does your child use technology...	Mon	Tues	Wed	Thu	Fri	Sat	Sun
in the morning?							
In the afternoon?							
in the evening?							
during dinner?							
after dinner?							
one hour prior to bed?							

Total hours per week, divided by 7 = average hours per day of technology use _____

Name: _____ Does your child use technology in their bedroom? Yes / No

How much does your child use technology...	Mon	Tues	Wed	Thu	Fri	Sat	Sun
in the morning?							
In the afternoon?							
in the evening?							
during dinner?							
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