

Slow Tech Media Diet for Children - Developed by Diana Graber and Patti Connolly - Adjustments/additions by Ben Klocek

Age	How much screen time?	Participatory media		Write emails and texts	Use family computer/tablet to read, watch videos, do homework, etc.	Have own smartphone	Social media (Facebook, Instagram, Snap, WhatsApp)
		Non-participatory media	Participatory media				
0-2 yrs.	Extremely limited if at all	Consume non-interactive media (certain TV, DVDs, streaming media)	Participate in video calling (FaceTime, Skype, etc.)	No	No	No	No
3-6 yrs.	Very limited, co-view with parent	None to little educational content with parent Fri-Sat.	With parent	To family with parent typing	No	No	No
7-9 yrs.	Limited, co-view with parent	Educational content with parent Fri-Sat.	With parent initiating contact	To family with parent as child learns to type	No	No	No
10-12 yrs.	Gradually increase, co-view with parent	Educational content with parent reviewing first, Fri-Sat.	With parent initiating contact	Limited with parent, as child improves typing	Read e-books, research with parent (30 min. limit)	No. Voice- or text-only phone possibly, w/ parent supervision.	No
13-14 yrs.	Increase with limits and agreements	Age appropriate on weekends	With parent aware who child is talking with	To family and friends they know in "real" life	Read e-books, research for school, complete homework	Maybe, with clear rules	Age appropriate social networks
15-18 yrs	None at night and during school. Limits and agreements	Age appropriate on weekends	With parent aware who child is talking with	To family and friends they know in "real" life.	Read e-books, research for school; complete homework	Yes, with clear rules	Age appropriate social networks