



Timothy Shoemaker

DIGITAL SAFETY WORKSHEET

Learn More at
www.TimothyShoemaker.com/Digital-Workshop

What is a reasonable time for your DOWNTIME settings?

Downtime is when your phone apps and messaging should shut off so that you can get your much-needed sleep. Think of it as a bedtime.

Figure it out!

**Experts recommend that teens get between 8 and 10 hours of sleep in order to be rested, alert and emotionally stable the next day. Begin with the time you need to wake up as your END to downtime, then subtract a full night's sleep from that to get your START time.*

NOW MAKE THIS CHANGE ON YOUR PHONE

_____ Start Downtime

_____ End Downtime

Make this change under
DOWNTIME on your iPhone >
Settings > Screen Time menu.

What is a reasonable amount of time for your daily APP LIMITS?

Screen Time is the amount of time you spend being sedentary, staring at that screen and being subject to the manipulated content of a phone, TV or video game. Think of this limit as a reminder to stay safe & healthy.

Figure it out!

**Experts recommend no more than 90 mins of screentime a day. This amounts to 10.5 hrs a week and 23 full days of your year spent in a harmful environment. Screen Time can contribute to obesity, anxiety, depression, lost life-opportunities and increasingly extreme interests*

NOW MAKE THIS CHANGE ON YOUR PHONE

_____ Hrs per day

Make this change under
APP LIMITS on your iPhone
> Settings > Screen Time
menu.

Visual and audible alerts impair attention, reduce memory and lower grades.



Protect your data & safety!
Turn off Wi-Fi when not connected to your trusted network.

Don't share photos on apps. They get to keep your images. **And so do the creeps!**



Delete all unused apps from your phone. And remove all social media contacts that you don't know AND trust.

THEY ARE SPYING ON YOU!



Use a password manager to store a different email and strong password for each online account.



Silence all group message notifications!