

3 STEPS TO SAFER SCREEN TIME

Timothy Shoemaker

HEALTHY HABITS

EXCESS SCREEN TIME IS UNHEALTHY FOR BOTH KIDS AND ADULTS. MINIMIZE HARMS BY SETTING HEALTHY LIMITS.



PERSONAL SAFETY

BEING ONLINE IS DANGEROUS FOR EVERYONE. KNOW HOW TO PREVENT THE MOST COMMON ONLINE CRIMES.



PRIVACY PROTECTION

PERSONALIZED DATA IS USED TO MONITOR AND MANIPULATE PEOPLE. IT IS ALSO USED TODAY TO CONTROL ACCESS TO VITAL GOODS AND SERVICES. ACT NOW TO PROTECT YOUR PRIVACY AND PRESERVE YOUR FUTURE.



Learn how to use these three steps to protect your loved ones online.



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IT'S TIME TO WORK ●●●●●

LET'S GET SET!



3 RULES FOR SUCCESS ON HOMEWORK!

GO CELL PHONE FREE!

Shut off cell phones or switch to **FOCUS** mode.



SHUT DOWN DEVICES

Silence any **GAMING** PC's or TV's that are nearby.



CLOSE EXTRA APPS

Close any **APP** or **WINDOW** that makes noise or sends alerts.



GREAT JOB! LET'S GO!

You're already on your way to doing a better job **AND** getting it done quicker!

SCAN FOR MORE OF TOBY'S TECH TIPS



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WATCH AND SHARE THIS VIDEO FIRST!

[What All Parents Need to Know About Cell Phones!](#)

- Main Concerns
- Popular Options
- Safe Practices



PARENTS & STAFF

the **DIGITAL DILEMMA**

SMARTER SCREENTIME...

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