

5 SIMPLE WAYS

PARENTS CAN ADVOCATE

FOR HEALTHY SCREEN USE



1. Encourage local schools, childcare centres and after-school programs to establish [digital literacy curriculum](#) and implement screen use policies.



2. Sign the [Unplugged Canada](#) and [Leave the Phone Alone](#) pledges: Commit to delaying smartphone access until children are at least 14 years old and to avoiding distracted driving.



3. Use our [advocacy tips](#) to write to your Member of Parliament about the need to hold digital platforms accountable for children and youth's online safety.



4. Support community-based digital literacy initiatives and strategies that help children and youth navigate online content (especially social media) in a safe, informed way.



5. Share [our resources](#) with your friends, family and school communities to support ongoing conversations about healthy screen use.



**Centre for Healthy
Screen Use**
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