



3 STEPS TO HEALTHIER SCREEN TIME

To find your screen time

On Android:

- > Settings
- > Digital Wellbeing & Parental Controls
- > Tap the Chart icon in the top right corner to see the 'Weekly Report'

On iPhone:

- > Settings
- > Screen Time
- > See all activity

01 Understand your screen time

Open your weekly report together.

- | *What's your daily screen time?*
- | *Which apps do you use most?*
- | *When are you most active?*

02 Agree on screen time rules as a family

- | *When are screens okay, and when are they not?*

03 Start a screen break moment today

Pick one small change to start: Screen-free dinners, no phones in the bedroom, or a set "offline" hour each day.

Find more tools and guides at
Rogers.com/screenbreak

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