

Screen Time: Why Your Child *Isn't* Addicted to Homework



Michael Delman, CEO, Beyond BookSmart



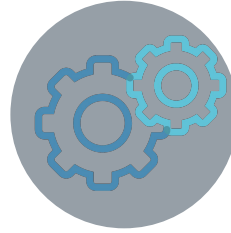
Dr. Clifford Sussman, child and adolescent
psychiatrist and psychotherapist



THE DEMANDS
OF SCHOOL
NOW



THE
BRAIN/SCREEN
CONNECTION



HOLISTIC AND
TARGETED
SOLUTIONS



QUESTION &
ANSWER

AGENDA

DECISIONAL BALANCE SHEET

SAMPLE	
Define the issue: My Gaming Habits	
Step 1—Benefits/Advantages of things staying the same: <ul style="list-style-type: none"> • helps me relax • something to do with friends • fun 	Step 2—Costs/Not so good things about things staying the same: <ul style="list-style-type: none"> • up really late playing • hard to stop playing most of the time • don't want to try other things or meet new people (like to stay in)
Step 3—Costs/Not so good things about changing: <ul style="list-style-type: none"> • won't have a way to de-stress • hard to hang out with friends if I don't play • I'll get bored • too expensive to go out 	Step 4—Benefits/Advantages of changing: <ul style="list-style-type: none"> • probably get more sleep • easier to get to class if I don't play in morning • get out of my room more • could meet new people?

Figure 5: Decisional Balance Sheet Sample

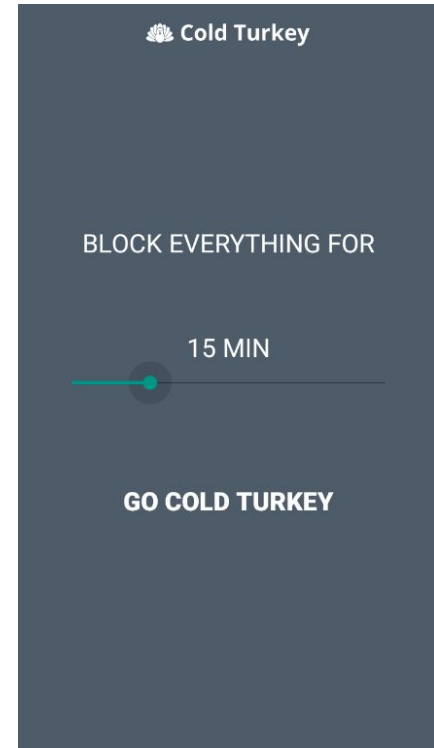
FAST BREAK HOMEWORK PLAN: FOCUS CUE

Subject	Specific Task	Start Time	(Anticipated) End Time
History	Read Ch. 2 and Annotate Text	5:00 pm	5:30 pm
Math	Solve problems 6 - 10 (p. 72)	5:30 pm	6:15 pm
Dinner	Enjoy!	6:15 pm	7:30 pm
Chemistry	Finish Lab Report	7:30 pm	8:30 pm
Break	YouTube Videos	8:30	9:00 pm
English	Review reading	9:00	9:30 pm

DISTRACTION MANAGEMENT APPS



Block distracting apps and websites.
Get more done.



MORE INFO AND RESOURCES:

BeyondBookSmart.com

cliffordsussmanmd.com

