

MODULE 6 — PROPER PARENTING MATTERS

SCREENS, CULTURE & THE BATTLE FOR YOUR CHILD'S MIND

Raising Kids with Values in a World That Has None

TOOL 6 — Your Family Media & Culture Strategy

PART 1 — SCREEN TIME REALITY AUDIT

You cannot manage what you have not measured. Before building a media strategy, assess what is actually happening in your home right now. Honest answers only — this is a diagnosis, not a judgment.

#	QUESTION	YES	NO
1.	How many hours per day does your child spend on screens?	YES	NO
2.	Do you know exactly what your child watches, plays, and follows online?	YES	NO
3.	Does your child have a device in their bedroom overnight?	YES	NO
4.	Do screens come out at mealtimes or during family conversations?	YES	NO

If you answered YES to questions 3 or 4 — you have work to do. Start with Part 2.

PART 2 — YOUR HOUSEHOLD MEDIA RULES

Rules without a plan are just wishes. Define your household media policy together as a couple — then communicate it clearly to your children. Write your rule in the right column.

AREA	QUESTIONS TO DECIDE	OUR RULE
Screen time limits	How many hours per day — school days vs weekends?	
Device-free zones	Which rooms are screen-free? Dinner table? Bedrooms?	
Bedtime cutoff	What time do all devices go off — and where do they sleep?	
Content standards	What content is off limits? Who approves new apps and games?	
Social media age	At what age — and under what conditions — can they have accounts?	
Consequence for violations	What happens when the rules are broken — and is it consistent?	

PART 3 — RAISING A MEDIA-LITERATE CHILD

Sheltering alone does not produce a values-driven child — it produces an unprepared one. Media literacy teaches your child to think critically about what they consume. Use these questions to start the conversation — not as interrogation, but as training.

WHEN YOUR CHILD WATCHES OR PLAYS...	ASK THIS QUESTION
Any show, movie, or video content	"What values is this character living by — and do we agree with them?"
Social media or influencer content	"What is this person trying to make you feel — and why?"
News, opinions, or current events	"How do we know this is true? What is the other side of this story?"
Music and entertainment	"What is this song actually saying — does it line up with what we believe?"

PART 4 — VALUES FORMATION: WHAT YOUR HOME MUST OFFER INSTEAD

Children run to screens when home is boring, tense, or disconnected. The most effective media strategy is a home so rich in presence and connection that the screen loses its competition. Check what is currently present in your home.

Regular family meals with real conversation	Faith practices modeled — not just required
Parents who are present — not just in the room	Physical outlets — sport, movement, creation
A home where children feel safe to talk about anything	Laughter, play, and genuine family enjoyment

How many did you check? _____ / 6 The gaps are your media strategy. Fill them and the screen problem shrinks.

PART 5 — COUPLES MEDIA ALIGNMENT

You cannot set limits you do not model. If screens rule your life, they will rule your children's. Answer individually — then discuss every D (Disagree) together before the week is out.

STATEMENT	S1	S2
We have agreed on our household screen time rules	A/P/D	A/P/D
We both model healthy screen boundaries in front of our children	A/P/D	A/P/D
We know what content our child is consuming right now	A/P/D	A/P/D
We have had a real conversation with our child about online safety	A/P/D	A/P/D
Our own phone use does not compete with our child's need for presence	A/P/D	A/P/D

PART 6 — YOUR 7-DAY DIGITAL DETOX CHALLENGE

Implement at least four of these this week. These are not permanent rules — they are proof-of-concept experiments that show your child what life without constant screens looks like.

CHALLENGE	WHAT TO DO	DONE
Dinner table detox	No devices at any meal — for the entire week	
Bedroom blackout	All devices charged outside bedrooms at bedtime	
Screen-free morning	No screens for the first 30 minutes of each day	
Family screen audit	Watch one show together and use the media literacy questions	
Parent phone fast	One hour per day where your phone is completely away	
Replacement activity	Replace one screen hour with a family activity — no exceptions	

PART 7 — OUR COMMITMENTS

The one screen rule we will enforce in our home starting today:

How we will build media literacy into our family conversations this week:

PARENT DECLARATION

We will not surrender our child's mind to a screen. We will set clear rules, model healthy boundaries, teach our child to think critically about what they consume, and build a home so full of life that the screen has real competition.

Parent / Couple Signature

Date