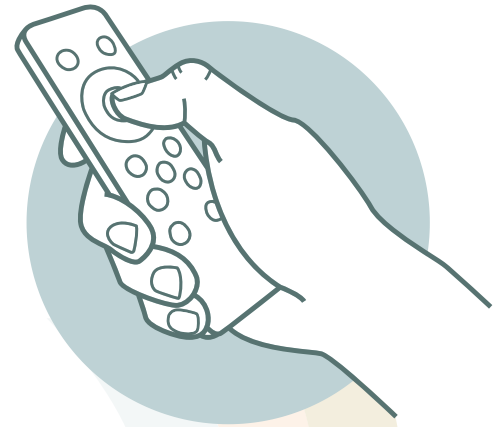


ASSESSING YOUR MEDIATION STYLE



There's no one right way to parent. It's all about balancing risk and benefit. With that in mind, research suggests that active mediation strategies are the most effective for encouraging healthy media use in young children. Use this quiz to gain an understanding of the current media practices in your home.

To take the quiz, use the scale below to score your agreement with each of the statements on the following pages. **Next to each statement, write a number (1-5) that represents your level of agreement.** After completing each of the three sections, add up your scores to calculate your section total.

When you're finished, head to the last page to learn about your current mediation practices!

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

SECTION ONE

1-5

I explain to my child the amount of time that is okay for them to spend on screens.

My child and I talk about when and where screens are okay to use, and when they are not okay.

My child sees that I am able to regulate and manage my own screen time.

My child and I typically use media together and talk about it while it is happening.

I explain what content is appropriate for my child and help them in finding suitable options.

In front of my child, I only consume content that is child-appropriate.

SECTION ONE TOTAL SCORE



SECTION TWO

1-5

I generally do not interfere with my child's screen use, because they know what to do.

I let my child use screens whenever they want to.

I do not think there are many risks to screen use.

I often turn to screens for my child when they need to be entertained or calmed down.

I rely on screen time as a babysitter so that I can concentrate or get things done.

I want my child to use technology as much as possible so they're prepared for the future.

SECTION TWO TOTAL SCORE



SECTION THREE

1-5

I pay attention to how much time my child spends on screen media.

Our family has rules about screen time.

I do not let my child use screens for longer than we agreed upon before they started.

I notice what content my child is using on screens.

We have rules about what my child is and is not allowed to watch.

We have rules about when and where my child is and is not allowed to watch and use screens.

SECTION THREE TOTAL SCORE



ASSESSING YOUR MEDIATION STYLE



SECTION ONE Active Mediation	SECTION TWO Risky Mediation Practices	SECTION THREE Restrictive Mediation
My score:	My score:	My score:

This is simply a starting point for you to assess your current mediation strategies. No guilt, no blame. Identifying any problem areas is the first step toward optimizing media use in your home.

The goal is to have the highest score in the **Active Mediation** category, and ideally a low or zero score in **Risky Mediation Practices**. If you scored high on **Restrictive Mediation**, that means you have done a great job setting rules and limits! The next step toward shifting to Active Mediation is including your child in the conversations around their media use to help them understand healthy boundaries.

Check out the **Active Mediation Strategies PDF** for more tips on how to involve your kiddo in media regulation and set them up for a lifetime of healthy media habits.