

## **TASK:**

*Brainstorm as a family, then agree on the biggest three: What are the ways we are allowing phones to change our behaviour at home?*

## **CLIP 37:45 – 42:20**

*Watch this clip together. The clip ends when we leave Isla at the mirror.*

### **WHO ARE WE INVITING INTO OUR BEDROOMS?**

Discuss the clip together. What did you find challenging about it? These questions may help shape your discussion:

*How did Isla feel in this clip? What were the events that changed how she felt?*

*Who are the people that we invite into our rooms on our phones that we would never allow in there in real life?*

*If we were going to invite people over – what kind of people should we spend time alone with, and who would we expect to have a parent present for?*

<i>People we could see alone</i>	<i>People we should see with parents</i>

*What are the ways that phones make you more worried? What are the events that make you most upset?*

*How could we change the way we use our phones to feel less worried?*

## **FINAL TASK – FAMILY VALUES**

As a family it's time to decide what you want your rules and routines to be around phones. Open our toolkit at [smartphonesdumbphones.org](http://smartphonesdumbphones.org) and choose the rules that you think will improve your family life - or decide some new ones of your own. Whatever you decide, we hope you've found this is a useful time spent together.

Rules are best when everyone can agree to them. Once you've decided your family values, book in a review in a few weeks to check in together on how they are working. Don't be afraid to adapt as you go!