

# Family Fun Time



**M**edia can be useful and fun, but it's important to set rules. Read "The Rule Review" (pages 4–5), and then talk about some rules that will help your family.

## Family Media Checklist

- How do you know when media is good for you? How do you know when it isn't?
- What should you do if you see something that makes you uncomfortable?
- Where can you keep electronics so everyone in the family can see and use them?
- Where is it OK to use phones or tablets? Leave them off or leave them home when you go to school or church.
- How long should you spend on the computer, tablet, or TV? Consider setting a timer to keep track of this time.
- How will you make sure that media doesn't distract you from homework, sleep, or chores?

## Stay Safe Online!

- Never put your phone number or address online.
- Don't send photos of yourself to others without a parent's help.
- Never give your passwords to anyone except a parent.
- Don't reply to or open messages from people you don't know.
- Don't download programs or apps without a parent's permission.
- Only visit websites, watch movies, or send messages that your parents would be OK with.

## Banana Ice Cream

Try this fun frozen treat! Be sure to get an adult's help. (Makes 4 servings.)

**3 ripe bananas**

**3/4 cup milk**

**1/2 teaspoon vanilla**

1. Slice the bananas and spread the slices on a tray.
2. Put the tray in the freezer for at least 2 hours. Let the bananas sit at room temperature for a few minutes before using.
3. Put the frozen bananas, milk, and vanilla in a blender or food processor and blend until smooth. You can also add peanut butter, chocolate syrup, or another favorite topping.

## Beware of Cyberbullying!

- Never post or text anything you wouldn't feel kind saying to someone in person.
- Don't pass along mean or embarrassing messages.
- If someone writes something unkind about you, don't respond. Tell a parent or trusted adult right away.

Let's make a list of good websites, shows, apps, and video games.



Good idea!

