



# Managing screen time beyond the classroom

School support doesn't end at the bell. Here are ways to support healthy tech habits for your child at home.



## Why screen time limits are important

Smartphones give kids constant access to a world of content, connections, and risks — including exposure to harmful material, bullying, and online predators.

According to Bark's 2024 Annual Report, based on analysis of 7+ billion alerts:

- 82% of teens encountered violent content or expressed violent thoughts
- 76% experienced bullying (as victim, witness, or instigator)
- 75% viewed nudity or sexual content
- 38% discussed depression online
- 21% encountered disordered eating content

The U.S. surgeon general has warned there's not enough evidence to say social media is safe for adolescents — a concern that's only growing with the rise of deepfakes and AI-generated content.

## What you can do at home

### 1 Start conversations early

Talk about things like screen time limits, cyberbullying, and online safety. These can be tough topics, but open dialogue builds trust.

**Bark tip:** Bark's app and phone alert you to issues in texts, apps, and emails so you know when it's time to talk.

### 2 Normalize asking for help

If your child comes to you with something concerning, thank them. Listen calmly, and keep the door open for future conversations.

### 3 Stay informed

Know what's trending and how to protect your child. Bark's blog breaks down dangerous apps, device settings, and the latest online risks.

### 4 Prioritize sleep

Teens need 8–10 hours of sleep each night. Even one lost hour increases the risk of hopelessness by 38%.

**Bark tip:** Use screen time schedules to block late-night scrolling and support better rest.

## Get support from Bark

We make tech for families that helps protect kids online and in real life. Visit [bark.us](https://bark.us) to learn more about all our offerings.

## More resources for parenting in the digital age

- Want more guidance? Join [Bark's Facebook group](#) of 600,000+ parents.
- Check out the [Bark blog](#) for weekly updates about the latest trends.
- Download a [free tech contract](#) and fill it out with your child.