Grades 11–12

BEFORE YOU CHANGE ANYTHING

Rules give way to judgment

He is not on it for no reason. The screen is where a good deal of his social life, his work, and his downtime now live. The question is which of those a given hour is serving.

A setting is only half of it. At this age the useful move is not a tighter limit. It is an honest conversation about whether his own use reflects how he wants to spend his time.

And it has changed with age. A rule he did not agree to has not worked for a while now. He is close to managing this alone, and the last two years are practice for doing it without you.

TRY THIS

The house YOUR WIFI

The network, not the device. Pause it and everything on the wifi stops together.

WHY IT MATTERS

Device-free sleep matters at seventeen as much as at twelve. The habits he keeps now are the ones he takes to college, where nobody will set them for him.

TRY THIS

- A household pause is his to propose, yours to agree
- Better: a standard you both hold, including you
- Devices off at a consistent time

Covers every device on your wifi. Misses anything on cellular data.

The school account BROWNING.EDU · GOGUARDIAN PARENT

Follows the login, not the laptop. Browning filters it, and you can see it.

WHY IT MATTERS

The destination is a boy who tells you what is going on without being asked. Boys disclose more to parents who talk with them than to parents who check on them.

TRY THIS

- Use it as a conversation starter and nothing else
- Ask him to show you rather than looking first

Covers schoolwork on the Browning account. Misses the machine itself, since this follows the login.

The personal account HIS APPLE ID OR GOOGLE ACCOUNT

His Apple ID or Google account. This is what Downtime, limits, and app approvals attach to.

WHY IT MATTERS

Adults average nine hours a day. Your modeling is the strongest thing you have left, and he will notice the gap between what you ask and what you do.

TRY THIS

- Ask him to share his screen time report
- Discuss it without judgment: does this reflect how you want to spend your time?
- Audit social media together before applications

Covers what he chooses to keep. The handover is the point, and it is earned rather than given on a birthday.

WHAT NONE OF IT SOLVES

Settings buy you a structure. They do not have the conversation. Here is how to open it, before you change anything.

Say what is changing, and why
"The wifi goes off at nine thirty on school nights. Not because I caught you at something. Because I want you to sleep."

Let him argue, and mean it
"Tell me what you would set instead, and why. If it is reasonable, we will use yours."

Agree in advance on exceptions
"Ask me before, not after."

Then write it down
Turn this page over, read it with him, change what does not fit, and sign it.

Sources: Common Sense Media · Browning Reclaiming Focus Initiative · research on parental mediation, 2022 to 2025

FAMILY MEDIA AGREEMENT

Grades 11–12

Preparing to Lead in a World Shaped by AI
focus.browning.edu

Mark this page up. Connect: what already describes your household. **Extend:** what would stretch it further. **Challenge:** what does not work, or is missing.

Take Care

- My MacBook is my responsibility — I will maintain it, back it up, and treat it with care.
- I own my digital presence the same way I own my academic work.

Stay Safe

- I will maintain strong, unique passwords and use two-factor authentication on important accounts.
- I will audit my social media privacy settings before submitting college applications.
- I understand that what I post publicly is accessible to colleges, employers, and the world.
- I will tell a trusted adult if I am being targeted, harassed, or pressured online.

Think First

- My college essay is mine — written in my voice, from my experience, by me. AI cannot write it for me.
- I will use AI as a tool for thinking better — never as a substitute for thinking.
- I will disclose AI use fully and cite it in all academic work — no exceptions.
- I will Google myself before college applications and clean up anything that doesn't represent me well.
- I understand that academic integrity at this level means full intellectual ownership.
- Certificates of Distinction require original research — I take that standard seriously.

Connecting Screen Commitment

- I will maintain at least one shared screen experience with my family — even seniors watch things together.
- I know that the habits I build now are the ones I will carry into college.
- I will choose screens that connect me to people I care about over ones that isolate me.

Stay Balanced

- I will audit my own screen use using built-in device tools and reflect honestly on what I find.
- I will ask myself: is this screen pulling me toward people or away from them?
- Device-free sleep matters even at 17 — I will charge my phone outside my room on school nights.
- I will balance screen time against sleep, academics, physical activity, and real relationships.
- As I approach 18, I will begin developing adult habits around media — not just following rules.

Communicate Openly

- I will have honest adult conversations with my family about my digital life.
- If screen use, gaming, or social media is affecting my wellbeing, I will say so.
- I will be transparent about my AI use — at school and at home.

In exchange, our family agrees to

- To treat him as an emerging adult — with the autonomy and accountability that entails.
- To have conversations about adult digital choices rather than enforcing rules.
- To discuss AI discernment honestly — including our own questions and uncertainty.
- To do a social media audit together before college applications — without judgment.
- To model the screen habits and digital integrity we want him to carry into adulthood.
- To trust that four years of Browning have built real judgment — and to say so.

Isolating screen warning signs — watch for these

- He cannot produce original work without AI assistance and cannot articulate what he contributed.
- His sense of identity exists primarily online — he is curated rather than known.
- He is uncomfortable with silence, hard questions, or time without a screen.
- He is not sure what he actually thinks about anything — opinions arrive pre-formed from feeds.

Tell us what you changed
Scan to send your Connect, Extend, and Challenge notes. Nothing attributable to a student or a household leaves the room.

Student signature & date

Parent or guardian signature & date

Revisit: Beginning of senior year and before college applications are submitted
Drafted with AI assistance, then reviewed and edited by Browning faculty and staff. Developed and revised with our community over the past year.