SIGNAL CHECK

Challenges → Skills → Practice → Independence

Self-Management

Emotions, impulses & transitions

- Meltdowns when time is up
- Difficulty tolerating boredom
- Repeated negotiating for more time
- Becoming upset after stopping
- Difficulty transitioning to other activities

STEP Practice Ideas

□ Stop within 2 minutes of timer for 5 days
□ Take 3 breaths before asking for more time
□ Plan "what comes next?" before screen use
□ Create your own:

Relationship Mgmt.

Communication, repair & connection

- Screen conflict impacts everyday relationships
- Rude/dismissive communication when frustrated
- Screens interfere with family or friendship time
- Difficulty repairing after disagreements
- Excluding or hurting others

STEP Practice Ideas

□ Use respectful language during disagreements
□ Repair after conflict
□ Pause, repeat back what someone said
□ Create your own:

Responsibility

Follow-through & ownership

- Sneaking devices or hiding activity
- Avoiding responsibilities before screens
- Difficulty following agreements independently
- Frequent reminders needed for routines
- Trouble managing expectations without adult oversight

STEP Practice Ideas

□ Complete responsibilities before screens for 1 week
□ Wake up/get ready independently for 5 days
□ Follow a routine w/o reminders
□ Self-monitor screen use
□ Put devices away at agreed times

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Integrity

Honesty & values in action

- Dishonesty around screen use
- Bullying or unkind behavior
- Difficulty taking ownership after mistakes
- Blaming others repeatedly
- Difficulty recognizing how actions affect others

STEP Practice Ideas

□ Practice telling the truth
□ Take ownership w/o blaming others
□ Notice when actions & values match (or don't)
□ Repair after causing harm
□ Reflect: "Was that who I want to be?"

Judgment

Thoughtful choices & awareness

- Clicking or downloading impulsively
- Difficulty recognizing persuasive design
- Strong reliance on likes, streaks, or online validation
- Difficulty noticing how content affects mood
- Questionable choices re: privacy or sharing

STEP Practice Ideas

□ Notice 3 ways an app tries to keep your attention
□ Ask: "Why do I want to click this?" before clicking
□ Notice ads & persuasive design
□ Reflect on how different content impacts mood
□ Compare expectations vs reality

Add others here

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