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| **VISUALS** | **AUDIO** |
| **VO** | Overall media use among adolescents continues to grow, but according to the American Academy of Pediatrics, evidence regarding healthy media use does not support a one-size-fits-all approach. |
| **On Camera**  **Super:**  **Sherida Worthy**  **Parent** | The first thing that’s on their minds in the mornings is the television, and you’re just like, ‘no.’ |
| **VO** | To help parents determine healthy media guidelines for their children, the American Academy of Pediatrics has developed the online Family Media Use Plan. |
| **On Camera**  **Super:**  **Dr. David Hill**  **Pediatrician** | “The American Academy of Pediatrics Family Media Use Plan will prompt parents and family members to enter information about the ages of their children and then writes up a customized plan for your family that lets you and your kids decide how they’re going to use media in your home.” |
| **Nat-Sound** | “Time for dinner. Put your phones down.” |
| **VO** | Sherida and Jason Worthy have found the Media Plan tool very helpful in planning their four sons screen time. |
| **Nat-Sound** | “All right guys, what we’re looking at is our media plan.” |
| **On Camera**  **Super:**  **Jason Worthy**  **Parent** | “Two things I really liked about it, one, it gave you the option of going in and selecting different options as far as screen time, things like that – when to turn it off, when you’d have access to it, when you won’t have access to it and how long. The second thing I really liked about it was that you can kind of plan out a 24-hour day and set everything up in blocks, so that you can physically see what it is they’re doing throughout the day and how much time they’re actually spending on it.” |
| **On Camera** | “Our job it to help parents toward the healthiest possible use of media – to help make sure it’s not interfering with sleep, exercise, healthy eating, or face to face time with your kids (and) at the same time, to suggest times that we may use it to bring families closer together.” |
| **VO**  **VIDEO OUT** | I’m Jack Trammell.  **AUDIO OUT** |