



Screen-users' Rights

Whether talking about using the internet, smartphones, video platforms, social media, online gaming, TVs, computers, tablets or other devices, users have rights!

10 rights to try out if you are game

and if you want to have
the last word
on your screen time



1. The right to take a break from your devices, even at night
2. The right to watch content that feels good
3. The right to set yourself daily time limits
4. The right to question what you see online
5. The right to deactivate notifications
6. The right to uninstall an app or a game
7. The right to blink once in a while
8. The right to interrupt your game at any time
9. The right to take some time before responding to a message
10. The right to use your screens with family and friends