



## BUILDING PATIENCE THROUGH DELAYED TECH GRATIFICATION

### DELAYED GRATIFICATION

Playing on your phone

Playing on iPad

Watching non-age appropriate shows/movies or playing non-age appropriate video games

Wants a smartphone

Wants to start a YouTube channel

Wants social media

### EXPECTATION FOR PATIENCE

My phone is a privilege and can be earned through patiently waiting - not demanding, whining or crying.

Playing on the iPad is only for designated "screen time". You must show patience as you wait for screen time by not begging or pleading for more time. Otherwise you will lose the privilege of iPad screen time today.

There are many fun things in life created for specific aged people. This show/movie was not made for your age right now. One day you will be old enough to watch it but right now you must practice patience as you wait for the privilege.

It may seem like everyone has a smartphone but because of (X, Y, and Z) you will not be getting a smartphone. You can practice patience as you wait for this privilege by not asking, complaining, or whining about this decision which will show us you are maturing and closer to being ready for a smartphone.

A YouTube channel where you are the star has its share of risks we aren't willing to take on yet. You may continue to develop your channel on paper and through homemade videos but will need to wait for the privilege of posting them on an online channel. Your patience and effort in this will demonstrate you have more of a desire to share meaningful content than to make an attempt to become instantly famous.

Social Media is more than an alternate way to communicate with friends. Because of (X, Y, Z) you will not be permitted till age 16 at the earliest. Your maturity and readiness to navigate social media will be shown through your patience as you wait for this privilege.