



VALOUR PRIMARY SCREEN GUIDE



When families practise Valour's Hallmarks through screen use, devices become tools for connection and learning.

GRIT

Show **grit** online by encouraging children to effectively and responsibly manage their screen time within MOH's recommended limit of less than two hours daily.

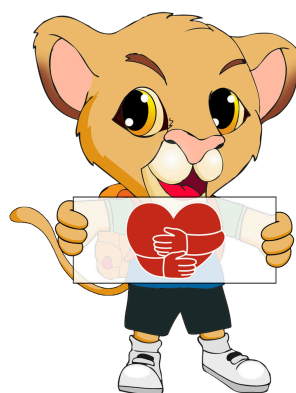


ADAPTABILITY

Encourage your child to maintain balanced screen time by **adaptably** integrating various activities into their daily routine.

EMPATHY

Lead with care by **modelling empathy** and kindness in all online interactions and discussions about screen use.

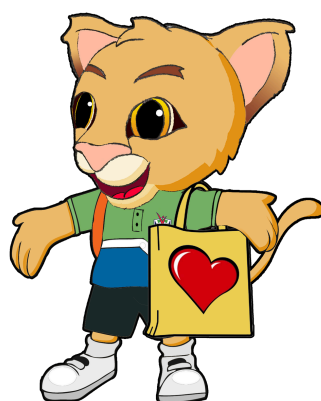


COURAGE

Lead with **care** by modeling empathy and kindness in all online interactions and discussions about screen use.

KINDNESS

Lead with **care** by modeling empathy and kindness in all online interactions and discussions about screen use.



CONNECT & LEARN

Practice Valour's Hallmarks together as a family every day.