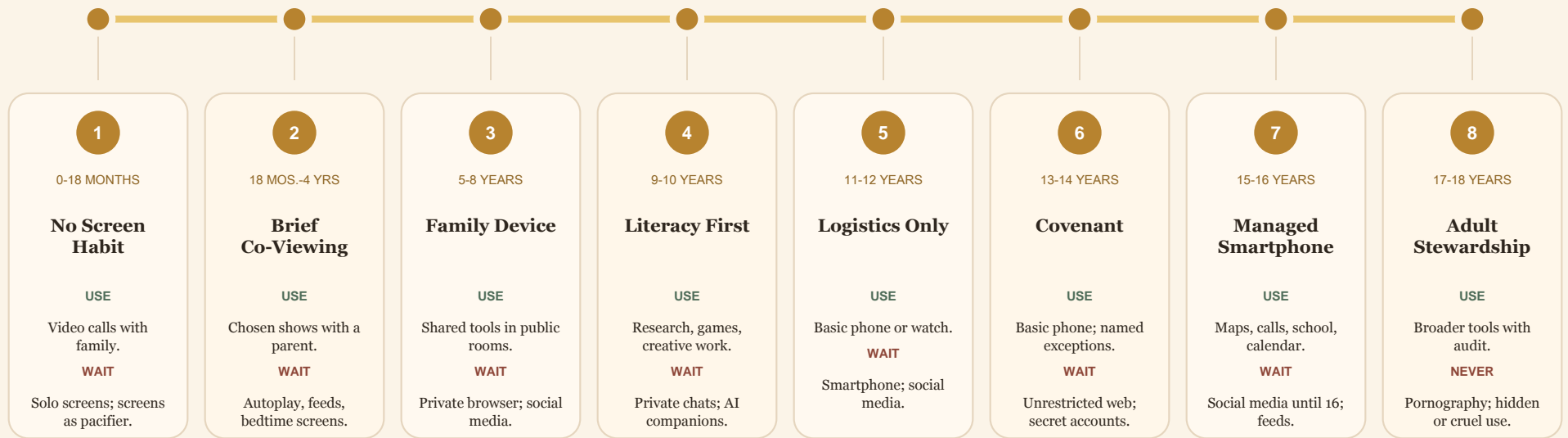


Gabriel Age-by-Age Technology Roadmap

A Catholic parent timeline for introducing screens, phones, AI, and social media with prudence.

Ask first: What good does this tool serve for this child at this age? Add access slowly; protect prayer, sleep, study, friendship, chastity, attention, and family peace.



GABRIEL NORMS

- No smartphone before high school**
- No social media before 16**
- Bedrooms, meals, prayer, Mass, and last hour before bed stay screen-free**
- Review monthly; begin again with mercy**

Exceptions: medical need, disability, custody/travel, school requirement, or safety. Name the exception, choose the least powerful tool, and review it often.

Sources: Gabriel Family Rule, AAP 5 Cs and Family Media Plan, AAP first-phone guidance, U.S. Surgeon General advisory, National Sleep Foundation, Common Sense Media, The Anxious Generation.