



WEEKLY 10 MINUTE SAFETY REVIEW

Smaller than the monthly check. Sunday evening works. No settings, just presence.

- 1 Minute 1 to 3: sit where they are playing or scrolling. Watch. Ask nothing yet.

- 2 Minute 4 to 5: one genuine question about the content, not the safety: "what is this one about?"

- 3 Minute 6 to 7: one card from Tool 11, age appropriate, then drop it.

- 4 Minute 8: glance at your own week: did you post the kids anywhere public? Did you model phone down at meals?

- 5 Minute 9: anything from the warning signs list nagging at you? Note it; do not raid tonight.

- 6 Minute 10: end with something that is not about safety at all. The ritual is the door.

Date: _____