Tech Leaders on Their Own Kids and Screens

Verified quotes with sources. Compiled September 29, 2026, for the ARPS parent group.

VERBATIM means the wording was checked against the cited source or a full-text syndication of it. PARAPHRASE means the reporter's words; never put those in quotation marks on a poster. Items in orange need one more check before print.

Poster picks

Twelve that are verbatim, short, from names parents recognize, and from a named outlet with a date. Suggested order.

1. **Steve Jobs**, Apple CEO. "We limit how much technology our kids use at home." New York Times, Nick Bilton, Sept 2014 (recounting a 2010 conversation).
2. **Bill Gates**, Microsoft co-founder. "We didn't give our kids cellphones until they were 14 and they complained other kids got them earlier." The Mirror, April 2017; Snopes: accurate.
3. **Melinda Gates**. "I probably would have waited longer before putting a computer in my children's pockets." Washington Post op-ed, Aug 2017.
4. **Tim Cook**, Apple CEO. "There are some things that I won't allow; I don't want them on a social network." (About his nephew; Cook has no children.) The Guardian, Jan 2018.
5. **Chris Anderson**, former Wired editor, CEO of 3D Robotics. "On the scale between candy and crack cocaine, it's closer to crack cocaine." New York Times, Nellie Bowles, Oct 2018.
6. **Athena Chavarria**, former Facebook, Chan Zuckerberg Initiative. "I am convinced the devil lives in our phones and is wreaking havoc on our children." Same NYT article, Oct 2018.
7. **Sam Altman**, OpenAI CEO. "I wouldn't let my kids near that stuff." (Short-form video.) Dreamforce, Sept 15, 2026, transcript; Fortune.
8. **Sam Altman**, on when his son may use AI. "I'd rather be on the late end of what's reasonable there, not the early end." Mostly Human podcast, April 2026; Fox News.
9. **Jack Clark**, Anthropic co-founder. "I have the classic Californian technology executive view of not having that much technology around for children." The Ezra Klein Show, Feb 24, 2026; Business Insider.
10. **Neal Mohan**, YouTube CEO. "We do limit their time on YouTube and other platforms and other forms of media. On weekdays we tend to be more strict." TIME, Dec 2025. Check TIME's video for "media" vs "social media."
11. **Alan Eagle**, Google. "The idea that an app on an iPad can better teach my kids to read or do arithmetic, that's ridiculous." New York Times, Matt Richtel, Oct 2011.
12. **Susan Wojcicki**, YouTube CEO, mother of five. "I have times when I take away all my kids' phones, especially if we're on a family vacation, because I want people to interact with each other." Guardian interview via CNBC, Aug 2019.

Full verified list

Steve Jobs, Apple CEO, 2010 conversation reported 2014. VERBATIM. "They haven't used it. We limit how much technology our kids use at home." Walter Isaacson in the same column: "Every evening Steve made a point of having dinner at the big long table in their kitchen, discussing books and history and a variety of things. No one ever pulled out an iPad or computer. The kids did not seem addicted at all to devices." NYT, Bilton, Sept 10, 2014; full text via Irish Times.

Chris Anderson, 2014. VERBATIM. "My kids accuse me and my wife of being fascists and overly concerned about tech, and they say that none of their friends have the same rules." "This is rule No. 1: There are no screens in the bedroom. Period. Ever." Same NYT 2014 column.

Evan Williams, Twitter and Medium co-founder, 2014. PARAPHRASE. In lieu of iPads, his two young boys have hundreds of physical books. Same NYT 2014 column. **Alex Constantinople**, OutCast Agency CEO, 2014. PARAPHRASE. Youngest son, 5, never allowed gadgets during the week; older children 30 minutes a day on school nights. **Lesley Gold**, SutherlandGold CEO. VERBATIM. "We have a strict no screen time during the week rule for our kids." **Dick Costolo**, Twitter CEO. PARAPHRASE. Unlimited use, but only in the living room with a parent present. All same NYT 2014 column.

Bill Gates, 2007. VERBATIM on his son: "My son said, 'Am I going to have limits like this my whole life?', and I said, 'No, when you move away you can set your own screen limits'." Reported rule: 45 minutes of games on weekdays, an hour on weekends. Reuters via Fox News, Feb 2007.

Alan Eagle, Google executive communications, Waldorf School of the Peninsula parent, 2011. VERBATIM. "I fundamentally reject the notion you need technology aids in grammar school." "The idea that an app on an iPad can better teach my kids to read or do arithmetic, that's ridiculous." On learning tech later: "It's supereasy. It's like learning to use toothpaste." Three-quarters of the school's parents had strong tech ties. NYT, Richtel, Oct 2011; full text.

Bill Gates, 2017. VERBATIM. "We don't have cellphones at the table when we are having a meal, we didn't give our kids cellphones until they were 14 and they complained other kids got them earlier." "We often set a time after which there is no screen time and in their case that helps them get to sleep at a reasonable hour." The Mirror, April 2017; syndication with full quotes. Past tense; his children are adults now.

Melinda Gates, 2017. VERBATIM. "I probably would have waited longer before putting a computer in my children's pockets." The headline "I wasn't prepared for its effect on my kids" is the editor's, not a sentence in the body. Washington Post op-ed, Aug 24, 2017; excerpts via SFGate.

Satya Nadella, Microsoft CEO, 2017. VERBATIM, monitoring rather than limits. "We get reports on what they've been doing on their computers, and they know that. So it's very transparent."

Anu Nadella: "Technology for entertainment is always going to be a negotiation in our house." Good Housekeeping via GeekWire, Sept 2017.

Mark Cuban, 2017. VERBATIM. "I have installed Cisco routers ... I have management software. So, it says what apps they're using so I can shut off their phone activity." "I'm sneaky as can be. And she hates it." Thrive Global podcast via CNBC, June 2017.

Sean Parker, Facebook founding president, 2017. VERBATIM, a warning, not about his own kids. "You're exploiting a vulnerability in human psychology." "God only knows what it's doing to our children's brains." Axios, Nov 2017.

Chamath Palihapitiya, former Facebook VP of growth, 2017. VERBATIM as reported, profane. "I feel tremendous guilt." "The short-term, dopamine-driven feedback loops we've created are destroying how society works." On his kids: "they're not allowed to use that s***." Stanford GSB talk via CNBC, Dec 2017. Outlets differ on "this" vs "that"; check the Stanford GSB video before quoting.

Justin Rosenstein, co-creator of the Like button, 2017. PARAPHRASE, about himself. Set parental controls on his own iPhone to stop himself downloading apps; the article notes many younger technologists send their children to Silicon Valley schools where iPhones, iPads and laptops are banned. The Guardian, Paul Lewis, Oct 2017.

Tim Cook, 2018. VERBATIM. "I don't have a kid, but I have a nephew that I put some boundaries on. There are some things that I won't allow; I don't want them on a social network." "I don't believe in overuse. I'm not a person that says we've achieved success if you're using it all the time." The Guardian, Jan 19, 2018.

Alexis Ohanian, Reddit co-founder, 2018. VERBATIM. "It's really important that she gets time to just be with her thoughts and be with her blocks and be with her toys, so we'll be regulating [tech use] pretty heavily." CNBC Squawk Box, April 2018.

Evan Spiegel, Snap CEO. 2018 PARAPHRASE (Financial Times): he and Miranda Kerr limit his stepson, then 7, to 1.5 hours of screen time a week. VERBATIM on his own upbringing without TV: "I actually thought that was valuable because I spent a lot of time just building stuff and reading." FT via IOL, Jan 2019. 2026 VERBATIM, on a podcast quoted by the NYT: "For the two-year-old, it's like zero screen time." "We really just want to essentially read with him and play, explore outside." NYT, Streitfeld, Aug 18, 2026.

Chris Anderson, 2018. VERBATIM. "On the scale between candy and crack cocaine, it's closer to crack cocaine." "We thought we could control it. And this is beyond our power to control." "This is going straight to the pleasure centers of the developing brain." NYT, Bowles, Oct 26, 2018; full text via Gulf News.

Athena Chavarria, 2018. VERBATIM. "I am convinced the devil lives in our phones and is wreaking havoc on our children." She did not give her kids phones until high school. **Kristin Stecher**, former social computing researcher, married to a Facebook engineer. VERBATIM.

"Doing no screen time is almost easier than doing a little." "If my kids do get it at all, they just want it more." **John Lilly**, Greylock partner, former Mozilla CEO, on his 13-year-old and Fortnite. VERBATIM. "I try to tell him somebody wrote code to make you feel this way." All same NYT Oct 2018 article.

The Silicon Valley nanny contracts, 2018. VERBATIM from the companion NYT piece: "The phone contracts basically stipulate that a nanny must agree not to use any screen, for any purpose, in front of the child." Agency owner Julie Swales: "Almost every parent I work for is very strong about the child not having any technical experience at all." NYT, Bowles, Oct 26, 2018.

Sundar Pichai, Google CEO, 2018. VERBATIM. "At home, our television is not easily accessible, so that there is 'activation energy' before you can easily go watch TV." "I'm genuinely conflicted, because I see what my kids learn from all this." PARAPHRASE: his son, then 11, did not have a phone; the NYT reported in Aug 2026 that he still doesn't. NYT Corner Office, Nov 2018; quotes via Yahoo.

Mark Zuckerberg, 2019. VERBATIM. "I don't generally want my kids to be sitting in front of a TV or a computer for a long period of time." Fox News interview via CNBC, Oct 2019. No 2024 to 2026 statement about his own daughters was found, including in his February 2026 Los Angeles trial testimony.

Susan Wojcicki, YouTube CEO, 2019. VERBATIM. "I have times when I take away all my kids' phones, especially if we're on a family vacation, because I want people to interact with each other." "I allow my younger kids to use YouTube Kids, but I limit the amount of time that they're on it. I think too much of anything is not a good thing." CNBC, Aug 2019.

Elon Musk, 2023. VERBATIM fragments, a regret rather than a rule. Not restricting his kids' social media "might have been a mistake"; his kids have "really been programmed by Reddit and YouTube, I'd say"; "I think, probably, I would limit social media a bit more than I have in the past." World Government Summit via Fortune, Feb 2023.

Peter Thiel, 2024. PARAPHRASE. At the Aspen Ideas Festival he said he limits his two young children to about an hour and a half a week of screens. VERBATIM fragment: "There are probably a lot of people in tech who do something quite similar for their own families." Fortune, Feb 2026; NYT Aug 2026. The 90-minute figure is reported, not verified against a transcript.

Steve Chen, YouTube co-founder, 2025. VERBATIM. "Just shorter-form content equates to shorter attention spans." "If they don't get exposure to the short-form content right away, then they're still happy with that other type of content." His 16-year-old son's message to Stanford students, per the NYT: "Please tell them that I read books and watch movies and that I dislike AI." Stanford GSB via Fortune, July 2025; NYT Aug 2026.

Neal Mohan, YouTube CEO, 2025. VERBATIM. "We do limit their time on YouTube and other platforms and other forms of media. On weekdays we tend to be more strict, on weekends we

tend to be less so. We're not perfect by any stretch." TIME CEO of the Year, Dec 2025; Business Standard transcription.

Jack Clark, Anthropic co-founder, 2026. VERBATIM. "I have the classic Californian technology executive view of not having that much technology around for children." "We have a smart TV. My toddler can watch 'Bluey' and a couple of other shows, but we haven't let her have unfettered access to the YouTube algorithm." "It freaks me out." On AI: "kids are smart, and they're going to try to get onto this stuff," and "we're going to need to build pretty heavy parental controls into this system." The Ezra Klein Show, Feb 24, 2026; Business Insider.

Sam Altman, OpenAI CEO, April 2026. VERBATIM. "A thing that has changed hugely is how I feel about algorithmic feeds and iPads in small children's hands." "When I watch kids just a little bit older than mine that you cannot take the iPad away from, that I feel very strongly about." "I want him to play in the dirt for now." On when his son may use AI: "I'd rather be on the late end of what's reasonable there, not the early end." To the host about her son: "I hope you don't let him use it yet." Mostly Human with Laurie Segall; Business Insider, April 3, 2026; Fox News.

Sam Altman, September 2026. VERBATIM. "I happen to like short-form video. I happen to like the ability to watch 5 or 10 minutes of short-form video before I go to bed as a way to kind of unwind and relax a little bit, but I wouldn't let my kids near that stuff." "I don't think short-form video is inherently evil, but I do think it's dangerous." Dreamforce, Sept 15, 2026, transcript; Fortune.

Umbrella source. "Silicon Valley Executives Are Tech Fans. Just Not for Their Own Kids." NYT, David Streitfeld, Aug 18, 2026; full text via The Star. Subhead: "At home, moderation and restraint are the rule for tech parents. Boredom is exalted."

Searched, nothing verifiable found

Jensen Huang, Reed Hastings, Sheryl Sandberg, Dario Amodei, Demis Hassabis, Mustafa Suleyman, Tobi Lutke, Kevin Systrom, Jack Dorsey, Reid Hoffman, Marc Benioff (on his own kids). Shou Zi Chew of TikTok told Congress in 2023 his children do not use TikTok because Singapore has no under-13 version, then said he would let them in the US; not a restriction quote. Tristan Harris and the Wait Until 8th founders are advocates, not tech executives speaking about their own kids.

Commonly misattributed or embellished. Do not use.

"Steve Jobs banned his kids from the iPad/iPhone" as a quote; the only real words are the two sentences above. Anything about "the dangers of technology" attributed to Jobs is Chris Anderson's line from the same 2014 column. "Bill Gates banned Apple products" is a 2009 brand-loyalty remark, not a screen rule. "Bill Gates says no phones until 14" as advice to all parents; he described his own household, past tense. "Sundar Pichai: 'My son doesn't have a phone'" in quotation marks is NYT paraphrase. "Evan Spiegel limits his kids to 1.5 hours a week" in quotation marks is FT paraphrase. Melinda Gates's "I wasn't prepared for its effect on

my kids" is a headline. Any quote of Mark Zuckerberg banning his daughters from Instagram; nothing sourced exists. "Tim Cook doesn't let his kids use social media"; he has no children. Fortune's Feb 2026 piece dates the Jobs quote to a 2010 NYT story; the column ran in 2014.

Compiled September 29, 2026. Where the original outlet blocked automated access (Mirror, Washington Post, Guardian, FT, NYT), wording was checked against a full-text syndication and both links are given.