

Family Technology Plan

Always Remember

Everyday for Everyone

Social Media

Family Goals

For the Kids

For the Parents

Video Games

Tech Free Time

- Family time is hard to come by so we have to protect it. With that in mind....
- Everyone in the family has the ability to call for “tech free time”.
- Once the request has been made, the family has 3 minutes to get devices put away while the family focuses on whatever the request is.
- Asking for time to actually talk and connect should not be treated with disdain or complaint from family.
- Recognize this request as a desire to connect as a family, not as an attack on your time.
- How you respond will determine whether this is a memorable moment of connection or something painful that divides us.

Slip-Ups

- For minor slip-ups we agree to give a gentle reminder.
- We also agree to respond with kindness to those gentle reminders.
- For slip-ups that require devices to be surrendered:
 - To reclaim the device, you must go _____ hours without mentioning the device and without asking to get it back. You must be off of all devices during this time.
 - Time spent treating your family poorly while device is surrendered will not count towards getting the device back.
 - If you willfully hand the device over without arguing, your time will be reduced by 50%.
 - If the same problem arises again later, time will be extended.

Signatures