

Family Technology Plan

Always Remember

- People are more important than electronics
 - Who we are online should match who we are in life.
 - Calls/Texts from parents are always answered immediately.
 - Devices are not private. They will be looked through.
 - Broken/lost phones will not be replaced quickly.
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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.
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Everyday for Everyone

- Phone's must be (silenced, in “Do Not Disturb”, put away) by _____ every evening.
- Mobile devices do not spend the night in kids rooms, ever.
- No devices during meals.
- We don't start the day with a screen.
- No devices during _____.

For the Kids

- Parents always know the password to access your devices.
- No secret accounts (social media, messaging, etc.).
- No anonymous accounts.
- We do not use the internet to hurt people.
- We do not bully people online.
- We never post or send personal information about ourselves or our family.
- We do not post or send negative comments or complaints about our family.
- Parents will ask to see your phone, arguing is not ok.
- Technology should never be your only source of entertainment. If it becomes that, we will see it as a sign that we need to reduce our technology use in the home.
- We do not view sexually explicit content.
- We build people up, even online.
- We talk positively about our family online.
- We post about other people's accomplishments and successes more than our own.
- We try to use our digital presence to make the internet a better place.

For the Parents

- We will not post things about kids online unless the kids are ok with it.
- We will keep our devices out of our hands when we are with family.
- We will not choose our phones if we can choose a member of the family.
- If we are engaged in a conversation, we will not pick up our phones, even if they make a noise.
- When I am bored, I will look for non-digital options first.
- Technology should never be your only source of entertainment. If it becomes that, we will see it as a sign that we need to reduce our technology use in the home.
- We will be positive on social media and not add to the climate of anger.

- We will put our individual devices down at _____ and focus our attention on family and shared experiences (for example, watching something together)
- We do not view sexually explicit content.

Social Media

- We do not use social media to hurt people.
- We do not create angry posts.
- We do not create, search, share, or view sexually suggestive content.
- We do not utilize anonymous accounts.
- We ask ourselves how our social media feeds make us feel and then adjust accordingly.
- We recognize that connecting digitally is not a sufficient replacement for connecting in real life. It is only a supplement.
- We commit to taking regularly scheduled breaks from all social media (example; one weekend every month, one week every month, or one 24 hour window every weekend).
- We will use our social media accounts to make the internet a better place.

Video Games

- We recognize that video games are fun, but are also highly addictive. We treat them like sugar. It's ok but needs to be controlled.
- We agree that if turning off a video game makes you angry, it is a sign that you're spending too much time on it.
- Parents agree to give kids a warning before turning off video games (typically 5-10 minutes)
- We agree that video games are only appropriate as a *part* of our down time. If they are all we do during our down time, that's a problem.
- We don't communicate with random strangers in online video games. If the game requires connecting to others to play, we do it without communicating with them.

- Video games must be turned off at least 2 hours before bedtime and cannot be turned on until at least 4-6 hours after you've woken up. (Beginning or ending your day with video games affects your mood, sleep, and will impact your entire day)
 - We will make a point of occasionally playing video games together, as a family.
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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 not mentioning the device and not asking to get it 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.
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Family Goals

- Create playlists for each other
 - Create playlists that describe our week and then discuss it
 - Send each other encouraging texts/messages regularly
 - Create and maintain a shared family calendar
 - Don't allow our technology to separate us. Instead, find ways to utilize it as a way to connect to each other.
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Signatures