



## Family Digital Media Plan

*As a family, determine the appropriate use of digital media and screens in your household by discussing the questions below. After answering each question together, have all family members sign this document to indicate agreement and commitment to the plan. Determine and discuss consequences if the plan is not followed. Give each family member a copy of the plan for easy access.*

**What types of digital media use are acceptable in the household?** (e.g., social media, gaming, messaging/texting, streaming, FaceTime, email, AI, websites [be specific about which ones], apps [be specific about which ones], blogs, videos, podcasts, e-books, virtual reality, online shopping, online gambling/sports betting, pornography, livestreaming, discussion boards, webinars)

**What times of day can digital media be used and when should it not be used?** (e.g., first thing in the morning? Right before bed? At night after bedtime? At school? At work?)

**Who has access to each device and what can they review?** (e.g., if it is decided that the device belongs to the parent/caregiver and the child/adolescent is just using it (rather than it belonging to the child/adolescent), what can the parent/caregiver review? What is private and what can be seen/read by others?)

**Where are devices stored at night?** (e.g., do all devices “sleep” in parents’/caregivers’ room each night? Are they left in a common space? Are they kept in a particular place to charge?)

**What information/material is OK to share online and what is not?** (e.g., pictures [if so, what kind?], phone numbers, addresses, personal information?)

**How long can digital media be used before taking a break?** (Determine pre-set durations of time for digital media use before breaking, e.g., 1 hour of streaming, 15 minutes on social media, 30 minutes gaming)

**Is user interaction allowed in games and apps?** If so, with whom? (e.g., only those known to the parent/caregiver? Only friends from school? Only those whose identity is verified?)

**Who has permission to download new apps/games on the device?** (e.g., the child/adolescent? Only parents/caregivers? The child/adolescent but only with parental/caregiver permission first?)

**When is checking devices permissible and when is it not?** (e.g., only after homework is completed, not at the dinner table, not while driving, not during employment activities)

**How should respect be demonstrated for other people with regard to digital media use?** (e.g., don't use digital media during an in-person conversation, don't check digital media in a setting where you should be socializing with others, prioritize in-person interactions over digital media use)

**What are the expectations for online behavior?** (e.g., no bullying, no trickery or pretending to be someone else, no trolling, no hostile/toxic language, no mean/disrespectful comments, be kind)

**What activities are always “screen free”?** (e.g., playing outside, hobbies, spiritual practices, household chores, homework, family game night, family mealtime)

**When should children/adolescents talk to parents/caregivers about something that happens online?** (e.g., if they see sexually explicit material, if they are being bullied, if a stranger asks for personal information or a picture, if they feel like they are losing control over their digital media use or experiencing negative consequences, if they see material that is upsetting, if they see content that makes them curious)

**When is it appropriate to use AI (and what type) and when should it not be used (and what type should not be used)?** (e.g., to get ideas, to create/play, not for class assignments or homework, not for anything that should be original thought, no talking to chatbots or AI characters)

**What are the consequences for not following this plan?** (e.g., time without any devices, loss of privileges to certain forms of digital media, unable to access devices during certain times, writing a report on a particular topic [digital citizenship, risks of social media use, online privacy, cyberbullying, internet addiction, digital media and mental health, sextortion])

**Signatures of All Family Members:**

Scan for full Guide and resources

