

FAMILY TECHNOLOGY PLAN SNAPSHOT

A “Family Technology Plan” is a set of guidelines that helps the whole family understand how technology and things with screens will be used and interacted with inside the home. As parents, it is our job to teach and speak guidance into all areas of life to our children. However, our parents did not give us an example of how to parent technology since majority of popular tech has only been around for 15-20 years. This is the new frontier for parents. Talking about technology and creating a “Family Technology Plan” will help you and your child understand what is healthy and acceptable for your families technology use.

ELEMENTS OF A FAMILY TECHNOLOGY PLAN

1. Screen-Free Zones
 - Areas that devices with screens are not allowed
 - Ex) Dinner table, front seats of the car, bathrooms, etc.
2. Daily Log-off Times
 - Time of the day where all devices are put away - times may be different based on students age
3. Overnight Device Bedroom Policy
 - Remove all devices with screens from rooms overnight
 - Create a “Family Charging Station” in parents room
4. Device Audits
 - Monthly (or more frequent) audits of devices
 - Looking through texts, apps, pictures, Tweets, etc.
5. Know Accounts & Logins
 - Understand what “accounts” your student has and you can check them whenever you want with this info
6. Planned out consequences
 - Post consequences in Plan so parents do not have to guess on level of punishment
 - Helps with consistency & compliance
7. Free-Time
 - Allow for designated free-time with their devices