

FAMILY MEDIA PLAN

[HTTPS://WWW.HEALTHYCHILDREN.ORG/ENGLISH/MEDIA/PAGES/DEFAULT.ASPX](https://www.healthychildren.org/english/media/pages/default.aspx)

SCREEN FREE ZONES

- Kitchen
- Dining Room Table
- Family & Social Gatherings
- Bedroom
- Stroller
- Other _____

DEVICE CURFEWS

- Time that devices will be turned off for the night _____:
- The devices will be charged
- Parent's bedroom
- Kitchen
- Other _____

BALANCING TIME

- Reading, looking at books, going to the library
- Doing hobbies I like
- Sleeping
- Being with friends
- Joining a team or playing a sport
- Being outdoors
- Playing dress-up, make believe, blocks, puzzles
- Being with my family

MANNERS

- Not looking at the phone or texting while talking with someone, or during mealtime. If it's truly urgent, we will say "excuse me"
- Not keeping the phone on (or under) the table during meals. Devices will not be brought to the table
- Other _____

SCREEN FREE TIMES

- One hour before bed
- Meal times
- Family time
- While doing homework
- While at school
- Other _____

DIVERSIFY YOUR MEDIA

- Use media to be creative - code, make movies, enhance personal or school projects, use apps & play games that let me use my creativity
- Use media to connect me to others - video chat with friends or relatives, co-play, use social media to strengthen bonds with others
- Play apps that are creative, educational & promote healthy interactions with others
- Play videos, shows & apps with adults
- Involve co-playing (playing games together) & co-viewing (watching videos together)
- Watch age appropriate & educational shows & videos

DIGITAL CITIZENSHIP

- Not being rude or bullying anyone online
- Respecting the privacy of others
- We will never forward a text or photo without asking permission
- Telling a parent or other trusted adult if we or others are being bullied, disrespected, attacked or treated badly online
- Telling a parent or other trusted adult if we get messages or photos that make us uncomfortable
- Sticking up for others online