

FAMILY TECH PLAN

FRAMEWORK

CONNECTING OUR SCREEN TIME TO OUR VALUES

How to use this framework:

Before you begin this framework activity, complete the [Our Family Values](#) activity. Use your chosen values and the “[What Would Your Family Like to Be Known For?](#)” page to guide your discussion.

Next, brainstorm with your family and **focus on this key question:**

HOW CAN WE LIVE OUR FAMILY VALUES BOTH OFFLINE AND ONLINE?

- 1. Let's Get Started:** Begin by discussing why everyone is gathering—to create your own Family Tech Plan. Explain how this plan will ensure that everyone uses technology in a way that aligns with your family's values.
- 2. Engage and Collaborate:** Ensure that every member, including the youngest, has the opportunity to share their thoughts. Listen attentively to all ideas, even if they seem unusual.
- 3. Encourage Participation:** Working together as a team, find a balance where everyone's input contributes to shaping a tech plan that suits your family. [Refer to page 7 of the provided printable for inspiration.](#)
- 4. Display the Plan:** Once the plan is finalized, place it where everyone can see it, such as on the refrigerator or near the family's technology area. This serves as a visual reminder of the agreements made. As your family grows and changes, feel free to update the plan to keep it relevant.

A family tech plan ensures everyone is aligned, making technology usage smooth and harmonious. It goes beyond rules; it promotes connection and responsibility among family members.

★ FAMILY TECH PLAN ★

WE'RE THE _____ FAMILY!

WE LIKE TO _____

WE VALUE _____

WHAT DO WE DO AND NOT
DO ON OUR SCREENS?

WHERE DO AND DON'T
WE USE SCREENS?

WHEN DO AND DON'T
WE USE SCREENS?

HOW LONG WILL WE
USE SCREENS?



FAMILY TE

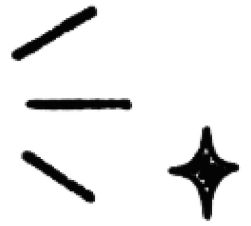
WE'RE THE _____

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TECH PLAN



_____ FAMILY!

WHERE DO AND DON'T
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WHEN DO AND DON'T
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HOW LONG WILL WE
USE SCREENS?



WHAT WOULD YOUR FAMILY LIKE TO BE KNOWN FOR?

WHAT DOES YOUR FAMILY VALUE MOST?

HERE ARE SOME MORE IDEAS TO GET YOU STARTED.

- Kindness ambassadors
- Helpful neighbours
- The best party throwers
- Reliable friends
- Community builders
- Animal lovers
- Creative minds
- Thoughtful givers
- Eco-friendly activists
- Inclusive friends
- Vibrant fun-lovers
- Science enthusiasts
- Environmental stewards
- Peacemakers
- Adventure seekers
- Innovators and inventors
- Lifelong learners
- Cultural explorers
- Team players
- Empathetic listeners
- Inspiring athletes
- Problem solvers
- Artistic creators
- Sports enthusiasts
- Music lovers
- Healthy living models
- Knowledge sharers
- Culinary wizards
- Wildlife watchers
- Tech-savvy trendsetters
- DIY explorers
- Book lovers
- World travellers
- Holiday enthusiasts
- Moral-led citizens
- Digital creators
- Outdoor explorers

FAMILY TECH PLAN

SAMPLE ANSWERS

Choose from these ideas if you need some inspiration when creating your Family Tech Plan.

WHAT TYPE OF SCREENS CAN BE USED?

- We use **educational apps and websites that support learning** and skill development.
- We use **productivity tools for organising** tasks, schedules, and assignments.
- We use **creativity apps and websites that encourage art**, music, writing, and content creation.
- We use **communication platforms to stay in touch** with friends, family, and peers.
- We use **health and wellness apps for tracking exercise**, nutrition, and mental well-being.
- We use **e-book readers to read** digital books and educational materials.
- Our **devices have parental controls** and appropriate content filters.
- **We don't use apps or websites that violate family values**, safety guidelines, or personal boundaries.

WHEN CAN SCREENS BE USED?

- Screens are turned **off after 8 p.m.**
- Screens are turned **off one hour before bedtime.**
- Screens are **plugged into the central charging location** during meals and/or family time.
- Screens stay turned off **before school.**
- Screens are put away **during social gatherings.**

WHERE CAN SCREENS BE USED?

- Screens stay **out of the bedroom.**
- Screens stay **out of the bathroom.**
- Screens must be **plugged into the central charging location** when it's not established "screen time."
- Devices must be left behind **during family hikes or walks.**
- Our **designated study areas** or calming areas are screen-free.

HOW LONG CAN SCREENS BE USED FOR

- We use screens for up to [# minutes] **per weekday.**
- Screens are available for up to [# minutes] **after school hours.**
- We turn off screens during **designated outdoor/playtime**, which lasts [# minutes].
- We use screens for up to [# minutes] **before school hours.**
- We use screens **during travel or commutes** up to [# minutes] per journey.
- We use screens up to [# minutes] per day **during weekends and breaks** from school.

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-Krista

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