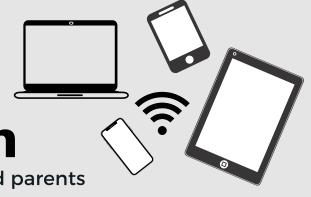


Family Tech Plan

SCREEN FREE ZONES

At home with primary school children and parents



	Kitchen or dining room table
	Bedrooms
	Upstairs
	Other:
	SCREEN FREE TIMES
101	One hour before bed (and turn the brightness down at night)
	Meal times
7	Family times
	When visitors are around
	While doing homework
BALANCE	Walking around the streets
\mathbf{m}	In the car except for long trips
ంర	Other:
ш	DEVICE CURFEWS AND ALLOWANCES
正	Time when devices are turned off at night
느	Time when devices are turned on in the morning
	Where devices are charged overnight
7	How much screen time is allowed each day of the week
\sim	How much time is allowed on certain apps
CHOOL,	Other:
	DO IT TOGETHER
26	What you will play online with your parents and siblings
	What you will watch online with your parents and siblings

Other:

טע	RING RECREATIONAL SCREEN TIME
	Watch shows and use apps that have been checked with trusted sources such as Common Sense Media
	Ask permission to visit certain websites or video sites
	Ask before downloading apps, movies and games
	Play videos, watch shows and play apps with adults
	Watch age appropriate and educational shows
	Follow same home rules at someone else's house
	Play learning apps
	Other:
GE	TTING THE BALANCE RIGHT
	Play outside
	Join a team or play a sport
	Play board games
	Do a hobby
	Be with a friend
	Read a book
	Help around the house
	Other:
TR	EATING OTHERS RESPECTFULLY
	Keep devices away from the table at meal times
	Look at the person you are talking to, not devices
	Other:
BE	SAFE
	Tell a parent if you get a message or photo that makes you uncomfortable
	Tell a parent if you are being bullied or treated badly online
	Stick up for others online
	Respect others and their privacy online
	Ask permission before playing games or chatting online
	Review privacy settings with a parent
	Do not share private photos or personal information online
	Other: