



Family Tech Plan

At home with primary school children and parents



SCREEN FREE ZONES

- Kitchen or dining room table
- Bedrooms
- Upstairs
- Other:

SCREEN FREE TIMES

- One hour before bed (and turn the brightness down at night)
- Meal times
- Family times
- When visitors are around
- While doing homework
- Walking around the streets
- In the car except for long trips
- Other:

DEVICE CURFEWS AND ALLOWANCES

- Time when devices are turned off at night
- Time when devices are turned on in the morning
- Where devices are charged overnight
- How much screen time is allowed each day of the week
- How much time is allowed on certain apps
- Other:

DO IT TOGETHER

- What you will play online with your parents and siblings
- What you will watch online with your parents and siblings
- Other:

SCHOOL, LIFE & BALANCE

DURING 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:

GETTING 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:

TREATING 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:

