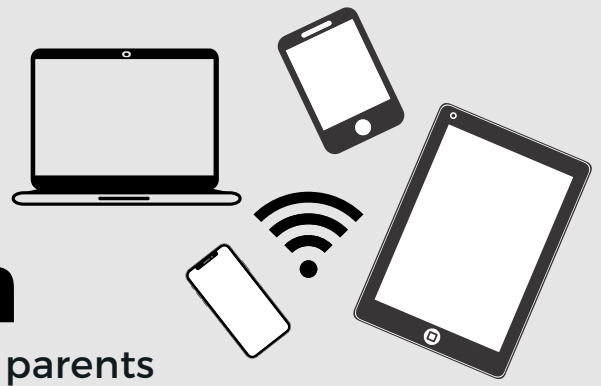




**STAY IN TOUCH**  
technology tutoring and support



# 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: .....

