

Family Media Plan

Gather your family together to discuss your media use.
Make a plan for improvement.



Discover What To Work On

1. What types of screens does your family use? How many?
2. What types of media do you participate in (social media, gaming, creative/movie making, research, etc.)?
3. How does each type of media make you feel, think or act while using the media? Longer-term, how do you feel after using each type of media?
4. About how many hours are screens used in your home?
5. When are screens used (e.g. before school, after school, after dinner, before bed, anytime)?
6. What times are screens not allowed?
7. Is screen time a privilege? Yes / No
If so, what needs to be done before screens can be used?
8. Where are screens used in the home? Where are screens not allowed?
9. Is screen time causing conflict in your home? Yes / No
10. Would you like to make adjustments? Yes / No

Be Intentional

- Be aware of the reason for your own technology use and share it with your kids (e.g. "I'm sending mom a text to let her know..."). When you fall into mindless scrolling or succumb to digital junk food, admit it and move on.
- Think about why your kids are on screens. Is the screen time really for them or you? Encourage them to play alone, with siblings or friends so that screens are not the only default.
- Be sure to discuss digital citizenship and safety. Digital citizenship is the ability to participate safely, intelligently, productively, and responsibly in the digital world. Check out the resource list for links to more information and discussion tips on this topic.



Plan Ways To Adjust Your Family Screen Time

1. What type of devices, media and apps are appropriate for your family (e.g. social media, games, TV, movies, YouTube, creative)?
2. Identify screen-free times for your family (e.g. meal time, 1 hour before bed, during family gatherings, when friends are over, weekend times). When are screens allowed or not allowed?
3. If screens are a privilege, what needs to be done before screens can be used?
4. What places are screens used? What areas do you want to designate as a screen free zone (e.g. bedrooms, kitchen, car)?
5. What happens if someone in the family doesn't follow these guidelines?
6. How can we support each other?
7. Replace screen time with face-to-face interactions. Play games, do a puzzle, go for a walk or to the park. Plan family activities to do together in place of screen time.
What activities?
When?
How often?



Act On Your Plan

1. Post the plan from page 2 in a common area to remind the family what was agreed on.
2. Practice your updated plan for a week or two.



Reflect On How It Worked

1. What did your family do well?
2. What did you like about the plan?
3. What didn't work?
4. How can the plan be adjusted to make it work better?
5. Do we want to add anything to our plan?

✦ Be Intentional

- Work side-by-side with youth to practice using media for good. Youth are tech-savvy, and adults have life experience. Working together, you can make a great team!
- Remember, it is ok if you don't respond immediately to a message or if you don't get a response back quickly. It is ok to take a break from media for a time.
- Keep communication about media use open. Encourage your children to talk to you about what they are doing, seeing and feeling about their experiences with media.
- Remember to put your phone down when your child is talking to you.



Family Media Plan Resource List

Websites

Center for Humane Technology	www.tristanharris.com	Tristin Harris is the founder of Center for Humane Technology. He spent his career learning and creating social technology. He then left that career to teach society how social technology works against us.
Epik Deliberate Digital	www.epik.org	A collaborative for a positive and deliberate digital culture. Site encourages and guides the positive use of media.
NetsmartzKids	www.netsmartzkids.org	Site for parents, teachers and kids that includes activities, games and videos to teach safety online

Videos

60 Minutes: Brain Hacking	www.youtube.com/watch?v=awAMTQZmvPE	How media affects and targets your brain. (13:47 Minutes)
Ted Talk: The Challenges of Raising a Digital Native	www.youtube.com/watch?v=eRQdAOrqvGg	How do we keep our children from being too connected or not connected enough? (13:26 Minutes)
Ted Talk: The Smart Phone Generation	www.youtube.com/watch?v=hNR7JPU0_wA	The effect that pervasive use of smartphones has on the brains of teenagers. (13:26 Minutes)

Media Rating/Reviews for Parents

Common Sense Media	www.common sense media.org	Site that rates and shares reviews for movies, games, apps, books, etc. Rated with parents and families in mind.
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Family/Self Assessments and Plans

American Academy of Pediatrics	www.healthychildren.org/English/media/Pages/default.aspx#planview	Online tool to create a family media plan.
Center for Humane Technology	www.humanetech.com/digital-wellbeing-covid	<i>Digital Well-Being Guidelines for Parents During the COVID-19 Pandemic</i> - A toolkit created during COVID, but a great assessment for anytime.
Center for Humane Technology	www.humanetech.com/youth/take-control-of-your-social-media-use	<i>Take Control of your Social Media Use</i> - A good assessment for youth and adults
Center for Humane Technology	www.humanetech.com/take-control	<i>Take Control</i> - A tool guiding through easy steps to regain control of your media and improve your well-being.
PBS Kids	pbskids.org/fetch/ruff/living-online/technology-quiz.html	<i>Technology Quiz</i> - A quiz that parents and kids can take together to open conversations about positive and safe technology.
Psychology Today	www.psychologytoday.com/us/blog/when-kids-call-the-shots/201804/the-best-technology-screen-time-contract-kids	<i>The Best Technology-Screen Time Contract for Kids</i> - Help to make a screen time contract for your family.