

Family Tech Planner



For families with children age 9-12

You can use this planner to spark conversations and set expectations about screen time as a family. Talk about how you use tech, what you use it for, and how it can affect you. Post your plan somewhere for reference, and update it as kids get older!

Child's Name

Devices and services we can use

(TV, tablet, Netflix, Disney+, Switch, etc.)



Family Expectations

We Are Safe

How will we stay safe online? We will ...

- Ask a grown-up for permission before trying a new app or website.
- Never share private information online, like passwords, full name, address, or date of birth.
- Tell a grown-up if anything online makes us feel uncomfortable, sad, or unsafe.
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Family Expectations (continued)

We Are Kind

How will we be kind and respectful when using tech? We will ...

- Pause the device and respond if someone speaks to us or needs our attention.
- Not tease, embarrass, or bully others when communicating with tech (online chat, texting, etc.).
- Stand up for and support a person if they're being bullied (be an upstander)
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We Are Healthy

How will we balance our screen time? We will ...

- Decide on screen-free times or zones (bedroom, dinner table, etc.) as a family—and write them here!:
- Make sure screen time doesn't interfere with healthy activities like school, exercise, sleep, and time with friends and family.
- Pay attention to how we're feeling when using tech, and take a break if we need to.
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