

Family Tech Planner

For families with teens



You can use the questions below to spark conversations with teens about their digital lives. Take it a step further by writing your thoughts and goals in the blanks provided.

Family Expectations

We Are Safe

Staying safe with tech means not sharing private or financial information, being careful about who we trust online, and paying attention to feelings that signal something's not okay.

What are some examples of being unsafe with tech? (Texting while driving, sending nudes, etc.)

What's a change or commitment to safety we can make? To stay safe, we will ...

Adult: _____

Teen: _____

We Are Kind

Being kind with tech means communicating with kindness, empathy, and respect. It means standing up and supporting a person if they're treated unkindly or bullied.

What are some examples of being unkind with tech? (Sharing photos of others without asking, spreading rumors, etc.)

What's a change or commitment to kindness we can make? To be kind, we will ...

Adult: _____

Teen: _____



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Family Tech Planner: Age 13+ • ENGLISH

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We Think Critically

Thinking critically with tech means understanding that not everything we read, hear, or see online is true. It means asking questions and considering whether a source is legit.

What are some examples of not thinking critically with tech? (Posting false info, believing clickbait, etc.)

What's a change or commitment to critical thinking we can make? To think critically, we will ...

Adult: _____

Teen: _____



We Are Healthy

Having a healthy relationship with tech means paying attention to how using technology makes us feel, physically and mentally. It means making time to enjoy other activities—and people—in our lives.

What are some examples of not having a healthy relationship with tech? (Feeling like you always have to be available online, missing out on family time because of tech use, etc.)

What's a change or commitment to our physical and mental health we can make? To be healthy, we will ...

Adult: _____

Teen: _____

