



FAMILY MEDIA PLAN GUIDE

Questions to Consider

What is a Family Media Plan?

A Family Media Plan contains the basic rules for how **EVERYONE** in your family uses technology. Think of it as your family's **digital code of conduct** that everyone abides by. **Yes, that means parents are included in this too!** We want you to lead by example and follow most of the rules you're asking your kids to follow. Of course, some rules will apply to a specific family member, while other rules will apply to everyone.

We want your kids to be part of this process as well. **Plan it out before explaining** it to them. List out the **who, what, when, where, and how long** for using technology. Then, let your kids impact some of the decisions by giving their suggestions an honest listen. Of course, **you are the ultimate decision-maker.**

Why use a Family Media Plan?

Creating a Family Media Plan is the **best way to protect your family from online harm** and earn digital trust with your children. Developing a Family Media Plan is recommended by The U.S. Surgeon General's Advisory in their [*Health Advisory on Social Media and Youth Mental Health*](#).

As you consider who can use what device for how long, when, and where, you might begin to realize that **some rules should be specific to one person, and others can apply to the whole family.**

PYE Core Values

Our Core Values will help explain **what we believe about kids and tech.** Our expertise in the subject comes from **years of creating digital safe spaces** through our education, research, advocacy, live talks with students, church leaders, staff members, and of course, from working with **individual families** such as yourself!

Please know that your family doesn't have to stick to what we suggest. However, our solutions are practical because **they're tried and tested on our own families - and they really work!** Please consider using our **Core Values** as a starting point for developing your own unique Family Media Plan (our Core Values are a separate download).



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Prepare your Plan

If you're married, please **schedule a time** to establish these rules together with your spouse. You probably won't agree on everything, and that's okay! Talk it out, work it out, and make sure you are on the same page before bringing this to your kids.

If you're single, think about the **role and example** you want to set for your children before laying out your Family Media Plan with them. Talk openly with your children about why you think a plan is important and get their thoughts before jumping into the "rules" of it all.

If you're divorced, do your best to **connect with your co-parent** and schedule time together to figure out how to navigate a media plan between two different homes. **If that's not an option**, inform your co-parent of your own home's digital rules, and maybe even send them a copy. When one parent has different tech rules than the other, it often causes problems and confuses your kid. Being on the same page **helps protect your kid and relieves tension between homes**.

Making Your Family Media Plan:

Layout a piece of paper or feel free to use our **print-friendly file** and **begin charting out the who, what, when, where, and how long for using tech**.

The AAP Family Media Plan:

The [American Academy of Pediatrics](#) also has a **helpful tool for making family media plans**, and can even be specific for each member of the family. Just put in some info and it makes it all for you! **We wouldn't recommend solely using this tool alone**, but they have fair concepts and can be very helpful for brainstorming how you'd like your own Media Plan to look and function.

Stick to the Plan:

Once your Family Media Plan is in action, you might find that some rules aren't functioning as well as you thought. That's okay! Workshop it, check in with your kids, ask how it feels, and if they think it's helpful. Once you feel confident about how technology is being used in your home and by your family - **STICK TO YOUR PLAN**. If you give your kid an inch, they will go a mile. Stand firm and don't break. Remember, it's for the safety and well-being of your family. **You can do this!**





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Questions to Consider

1. Who needs to be around?

- Friends?
- Siblings?
- Caregivers?
- Mom or Dad?
- Grandparents?
- Other family members?
- Can we use tech alone?

List out **WHO** needs to be present when using tech.

2. What tech can we use?

- Tablet?
- Dad's phone?
- Mom's phone?
- Chromebook?
- Gaming console?
- Home computer?

List out **WHAT** devices each family member can and can't use.

3. When can we use it?

- Bedtime?
- On Weekends?
- When guests are over?
- AM / PM (specific times?)
- Before and/or after dinner?
- Before and/or after school?
- Before and/or after homework?

List out **WHEN** your child(ren) can and can't use tech.

4. When do I need to ask?

- Using a device?
- Playing games?
- Watching videos?
- Downloading new apps?
- Watching shows or movies?

List out **WHEN** your child(ren) must ask for your permission.

5. Where can we use it?

- Car?
- School?
- Church?
- In public?
- Bedroom?
- Bathroom?
- Friend's House?
- Grandparents' House?

List out **WHERE** you child(ren) can use tech.

6. How long can we use it?

- 30min?
- 1 hour?
- 2 hours?
- 3 hours?
- Example: TV = 2 hours

List out **HOW LONG** your child(ren) can use **EACH DEVICE** in your home.



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1. Who needs to be around?

2. What tech can we use?

3. When can we use it?

4. When do I need to ask?

5. Where can we use it?

6. How long can we use it?
