

BELIEVE
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MATTER

How to Create a Family Media Plan

Media is everywhere, and managing it all can be tough. The American Academy of Pediatrics recommends creating a family media plan.

Creating a family media plan can help you and your child set media priorities that matter most to your family. Come back to revise your plan as often as you need to, such as at the beginning of each school year or during summer and holiday breaks.

A family media plan includes:

- A list of media priorities to choose from.
- Practical tips to help make the plan work.
- Reasons why it's important.
- The ability to print or share your finished plan.
- The option to save your plan and return as often as you'd like to make changes.

To create your family media plan, use this tool: beavertonsd.org/family-media-plan



Scan QR code or visit
beavertonsd.org/BYM to learn more.