

DIGITAL WELLNESS

Our Family Tech Plan

Family Purpose and Values

Clarify why your family uses technology and the principles that guide you.
(safety, kindness, balance, learning)

Screen Time & Device-Free Boundaries

Set limits on screen time, device-free times (meals, 1-hour before bed), and device-free zones (bedrooms, bathrooms).

Tech Use for Sleep & Wellness

Set rules for nighttime tech use, where devices “sleep,” limits on late-night gaming or messaging, and healthy routines like breaks and movement.

Online Safety Protocols

Include rules about passwords, location sharing, interacting with strangers, handling cyberbullying, and reporting anything unsafe.

Content & App Approval

Define what apps, games, and websites are allowed, what requires permission, and guidelines for age-appropriate content.

Social Media & Online Communication

Outline when kids can start social media, what platforms are allowed, posting rules, privacy expectations, and how to handle group chats.

Parent Responsibilities

Model healthy tech habits, set filters/parental controls, monitor respectfully, and create a space where kids can bring concerns or mistakes.

Child/Teen Responsibilities

Follow rules, communicate openly, use respectful online behavior, follow device-care expectations, and accept periodic device checks.

Healthy Balance & Offline Life

Encourage time for physical activity, hobbies, family time, schoolwork, and mindfulness—balancing tech with non-screen activities.

Consequences, Rewards & Review Plan

Outline consistent consequences, how privileges are earned back, rewards for positive digital behavior, and a schedule to review/update the plan.

DIGITAL WELLNESS

Our Family Tech Plan

Family Purpose and Values

Screen Time & Device-Free Boundaries

Tech Use for Sleep & Wellness

Social Media & Online Communication

Content & App Approval

Online Safety Protocols

Parent Responsibilities

Child/Teen Responsibilities

Healthy Balance & Offline Life

Consequences, Rewards & Review Plan