

# FAMILY TECHNOLOGY PLAN

1

Talk about WHEN technology is used.

Think about how much time should be spent with technology. Ask yourselves, “How can we balance technology use with other activities, homework, and sleep time?”

Recommendation:

- Families decide on a time when all devices are turned OFF for the night.
- Families designate a place outside of a child’s room where all technology devices are charged overnight.

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2

Talk about WHERE technology is used.

Establish places where it is appropriate to use technology- family spaces, bedroom, dinner table.

Recommendations:

- All devices are used only in an open area where the screen is visible to an adult. Children should not be on a device in a room with the door closed.

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# 3

Talk about HOW technology will be used and monitored.

Establish ways to maintain open and honest communication about how children use technology. Have a plan for deciding what software and apps are appropriate for your child and how much time will be allowed for games/entertainment.

Recommendations:

- Do research for apps and video games to be informed of the content and ratings.
- Parents can check the contents of technology devices at any time.
- Parents have the final say on what apps and software can be downloaded on the laptop.
- Parents have the right to be the administrator on their child's laptop.

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# 4

## Talk about online PRIVACY and SAFETY.

Talk about sharing information online, and what children need to protect themselves.

Decide how you will monitor your child's communication and use.

### Recommendations:

- Communicate with your children about online grooming and cyber-bullying.
- Use parental controls to monitor your child's internet use and to stay informed of any potential dangers your child may be exposed to.
- Make a list of apps and sites that you will not allow your child to use.
- Inform your children to never post personal information that would let others know how to find them.
- Children must have parent permission and supervision when signing up for any online account.
- Children must not communicate with a stranger. If children are contacted by an unfamiliar user, they must tell an adult immediately.

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# 5

Talk about device DIGITAL CIVILITY.

Discuss the importance of appropriate, respectful, and kind behavior online. Discuss consequences for inappropriate behavior.

Recommendations:

- Children do not post anything about anyone else without their permission.
- Children never use inappropriate, hurtful, or vulgar language.

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