

's Media Plan

Mobile devices & TVs are not allowed in the following screen-free zones in our home:

- Bedroom
- Kitchen or dining room table

We will not use mobile devices or other screens during the following times:

- While walking across the street
- While doing homework
- While at school
- Family time
- Meal times
- One hour before bed

Devices will charge overnight in:

- Parent's bedroom

When we have recreational screen time, we will:

- Co-view (watching media with a parent or adult)
- Co-play (playing video games & using apps with a parent or adult)
- Video chat with friends or relatives
- Play learning apps
- Play apps that are creative, educational & promote healthy interactions with others
- NOT play video games that are against our family's rules both at home & at someone else's house
- Watch age appropriate & educational shows & videos
- Play videos, shows & apps with adults
- NOT download apps, movies, games without permission & asking an adult if they are appropriate for my age
- NOT visit new websites or video sites without asking permission
- Watch "educational" shows & use apps that have been reviewed & vetted by trusted sources to actually be educational such as PBS or Common Sense Media

By decreasing screen time, we will have more time for:

- Reading
- Sleeping
- Being with friends
- Doing hobbies I like
- Playing board games, having creative time
- Playing outside

We will show good media manners by:

- Not looking at the phone or texting while talking with someone, or during mealtime
- Not keeping the phone on (or under) the table during meals

We will be good digital citizens by:

- Respecting the privacy of others
- Not being rude or bullying anyone online
- Sticking up for others online
- Telling a parent or other trusted adult if we or others are being bullied, disrespected, attacked or treated badly online
- Telling a parent or other trusted adult if we get messages or photos that make us uncomfortable

We will follow these digital safety rules:

- Do not give out personal information online
- Do not use a phone or text while crossing a street
- Do not share private photos online
- Review Privacy Settings on all sites with your children
- Do not befriend, chat with or virtually game with someone without a parent's permission

We will get enough sleep & exercise by doing the following:

- Exercise
- Get 9-12 hours of sleep
- Turn off the TV or mobile device one hour before bedtime

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