

'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
- ☒ While driving

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
- ☒ Watch age appropriate & educational shows & videos
- ☒ Play videos, shows & apps with adults
- ☒ NOT visit new websites or video sites without asking permission
- ☒ Use media to be creative
- ☒ Use media to connect me to others
- ☒ 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
- ☒ Joining a team or playing a sport
- ☒ Being outdoors

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 while driving
- ☒ Do not use a phone or text while crossing a street
- ☒ Do not share private photos online
- ☒ Do not text & drive
- ☒ 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:

Get 8-10 hours of sleep



Exercise



Turn off the TV or mobile device one hour before bedtime

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