

My'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:

- 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)
- NOT play video games that are against our family's rules both at home & at someone else's house
- 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
- Use media to be creative
- Watch "educational" shows & use apps that have been reviewed & vetted by trusted sources to actually be educational such as PBS or Common Sense Media
- NOT spend lots of time watching fast-paced shows or apps with lots of bells & whistles
- Use media to connect me to others

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

- Looking at books, going to the library
- Playing outside
- Playing dress-up or make believe
- Playing with friends
- Playing with blocks, Legos & puzzles
- Being with my family

We will be good digital citizens by:

- 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 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:

- Turn off the TV or mobile device one hour before bedtime

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