

# HOW TO CREATE A FAMILY MEDIA PLAN



Children spend excessive time on phones and tablets, which impacts the development of their social skills and sense of well-being. As adults, it is our responsibility to intervene. Here's how:

## Family Discussion

- First, adults agree on boundaries.
- Then hold a family meeting.
- Clarify *why* this is important.
- Share what you want to accomplish.
- Be positive & make them feel loved.
- Ask for input to boost accountability.



## Establish Boundaries

- Length of screen time
- Technology-free zones
- Permissible platforms
- Media curfew
- Storage or charging location



## Build Connection

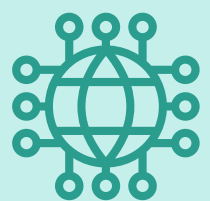
- Increase their in-person interactions.
- Learn how to treat others with respect.
- Improve their social & communication skills.
- Bring the family closer.

## Create Safety Awareness

- Restrict to age-appropriate content.
- Use privacy settings.
- Limit sharing personal information.
- Explain permanent digital footprint.
- Monitoring usage is your right.

## Discuss Digital Citizenship

- View devices as a privilege.
- Review rules of etiquette.
- Do no harm.
- Always report harassment & cyberbullying to a trusted adult.



## Stay Strong

- Display the family plan.
- Model appropriate use.
- Expect pushback. Remain calm.
- Remember devices are a privilege.
- Replace tech time with other forms of FUN!

